

# **SELF REFLECTION**

**Self-reflection is a skill that helps you understand yourself better and contribute to your self-concept and self-development.**

**Bijibilla Rama Rao**

## **SELF REFLECTION**

Bijibilla Rama Rao

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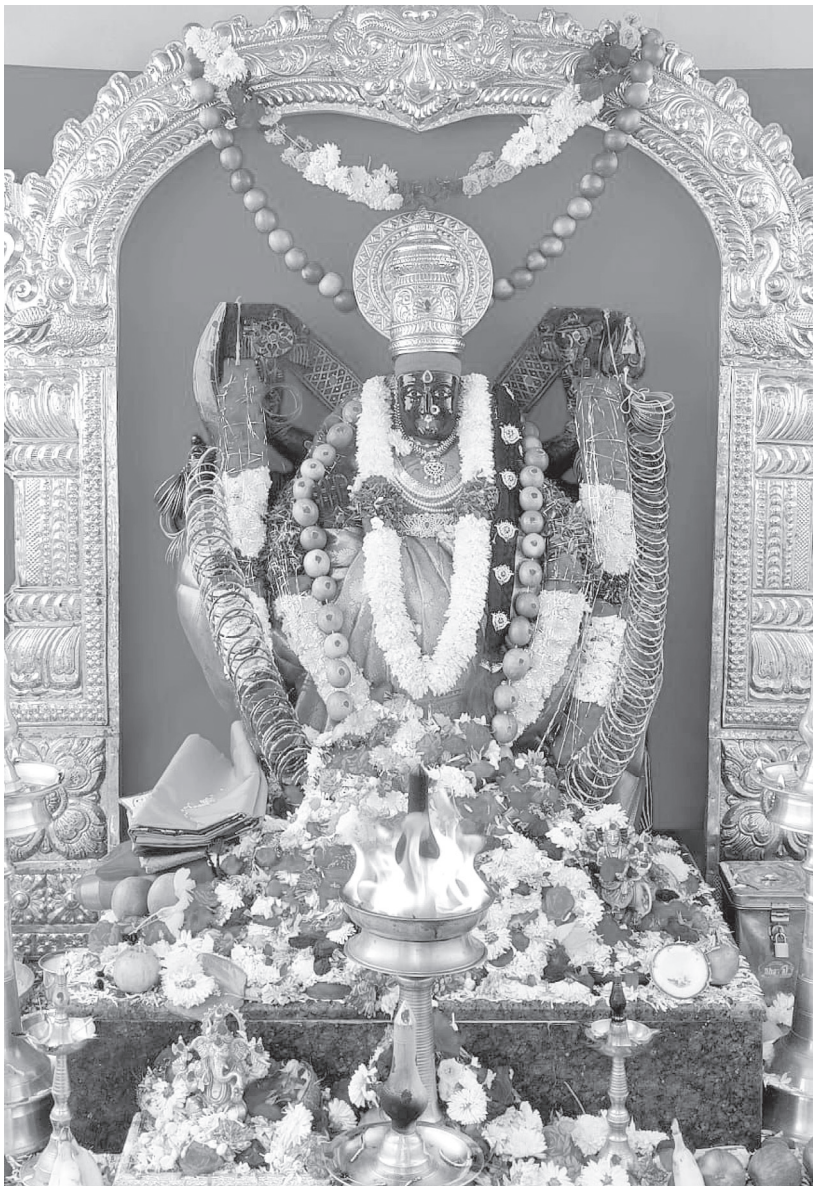
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# Dedication

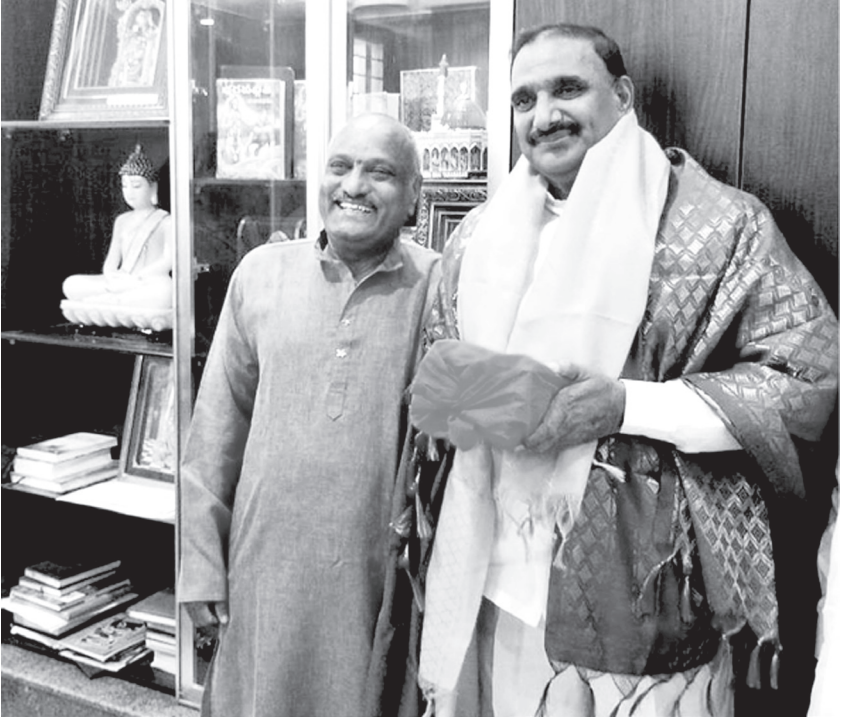
Self-reflection is nothing but our own feelings, awareness, state of mind and body which reflects on our character, behavior, thought process, personality, mindset and style of living makes an impact on us and others as well in day to day activities stressed here in this book with a view to help everyone and shows path to create their own mark on their personality as responsible citizen and respectable individual to move forward with great zeal of enthusiasm in great determination and dedication to sacrifice and focus more by setting the goals and accomplish them in remarkable manner gives an immense pleasure and satisfaction. Burning desire helps to fulfill our objectives with consistent effort to create a mile stone in our journey. Life itself is like a journey, one has to realize and respond by moving forward to reach our destination safely and securely well in time is the best way of approach. Discipline, dedication, determination, devotion with love and affection makes us to reach more like minded people to express our views and exchange our ideas to communicate effectively and efficiently makes it happen in reality. As long as our intentions are good people will join and give their support to help us and run the mission smoothly with care and dare to dream big and achieve big. Success is a journey not the destination. Our success is not ours alone. It consists of so many unknown sources behind it. Let us realize, recollect, reflect, respect, respond, share and care to distribute and make sure that it should reach to the deserved who contributed, involved and helped.





**Om Sri Mathrenamahaa!**  
**Sri Siddhi Datri Shyamaladevi Ammavari Asisulato!**  
**Subham Bhuyath!**





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# Foreword



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"Self-reflection" is often perceived as a solitary voyage into the depths of one's own consciousness, a journey that beckons introspection and self-discovery. In our fast-paced world, where distractions abound and time is a luxury, the art of self-reflection can seem elusive. However, it is precisely in these moments of quiet contemplation that we uncover the most profound truths about ourselves.

In "Self-reflection", author Shri. Bijibilla Rama Rao masterfully navigates the intricacies of introspection, inviting readers on a transformative expedition into the realm of self-discovery. Through a blend of personal anecdotes, philosophical insights, and practical exercises, Rama Rao provides a roadmap for delving into the depths of one's inner world.

The book begins by elucidating the importance of self-reflection in fostering personal growth and cultivating self-awareness. Drawing upon wisdom from ancient philosophies to modern

psychology, Rama Rao underscores the notion that true understanding of oneself is the cornerstone of a fulfilling life.

As the journey unfolds, readers are encouraged to engage in various reflective practices, ranging from journaling prompts to mindfulness exercises. Each idea serves as a stepping stone, guiding readers through the labyrinth of their own thoughts and emotions, towards a deeper understanding of themselves.

This book has many unidentified sources cited in it. Realise, gather, consider, show respect, react, share, and take care to distribute, making sure it reaches the rightful recipients who participated, helped, and contributed. This book is sure to illuminate your journey toward greater self-awareness and inner peace.

\*\*\*\*\*

# Foreword



**Rekha Pande**

I am really grateful for being given this opportunity to write a foreword to this book on self-reflection. Aristotle had said, “Knowing yourself is the beginning of all wisdom.” C. JoyBell, a prominent female thinker and writer in our modern world, mentor to many contemporary leaders, and inspiration to people of all backgrounds stated, “It is when you stop seeing yourself that you start to lose your direction. In order to maintain your integrity, you need to maintain your self-awareness. The world should serve as a mirror that reflects your image, and you should use it to reflect upon yourself, your emotions, and the motivations that may underlie them”.

Self-reflection is an important part of Indian Philosophy. The immense corpus of intellectual writings, the greatest collection of manuscripts in the world, and the documented history of texts, philosophers, and educational institutions in India, demonstrate to the civilization’s longstanding devotion to learning and a great deal of expertise and in the Indian knowledge system, the linchpin of which is self-reflection. *Darsana*, *Gyan*, and *vidya* are the three pillars of knowledge in Indian philosophy. The path to *Gyan*, or knowledge, begins with *Darshan*, which is a philosophy, system, or perspective. *Vidya*, also known as discipline, is the

process of organizing and systematizing information acquired in a certain topic for the goals of teaching and self-reflection. The entire corpus of organized knowledge is split into two parts in the Mundakopanisad: *para vidya* and *apara vidya*. The former refers to the metaphysical domain, where one knows the ultimate principle, *paramatma* or Brahma, and the latter is knowledge of the worldly domain, where one knows how to grasp aksara-Brahma. The more the self awareness better will be our understanding of the Brahma. The Upanishads define self-consciousness as understanding Brahman and its nature. It denotes the awareness of our own fundamental truth, our own self. Being self-aware is the same as knowing oneself, or Prajna, or Brahman.

An individual's inner self contains the ultimate truth, according to the Upanishads. According to the *Brhadaranyaka Upanishad*, the legendary sage Yajnavalkya was sought out by Emperor Janaka for advice.

*"What is the light that serves man?" the Emperor asked Yajnavalkya.*

*"The light of the sun, O, Emperor," responded the sage, "For it is by the light of the sun that man sits down, goes out, works, and comes back home. "*

*Yes, exactly. But once the sun goes out, O Yajnavalkya, what remains to guide humanity?*

*"The moon then becomes his light; for it is then by the light 'of the moon that he sits down, goes out, works, and comes back home."*

*"That is so," Janaka said, "But when both the sun and the moon are down, what then, O, Yajnavalkya, is the light by which man is served?"*

*"The fire becomes the light," Yajnavalkya said, "for it is then by firelight that he sits down, goes out, works, and comes back home."*

*"O, Yajnavalkya, that is true; but when the sun and the moon have*

*set and the fire has gone out, what then is the light by which man is served?"*

*"Sound then serves as light," the wise man replied, "because it is with the voice as his light that he then sits down, goes out, works, and comes back home." And so it was.*

*O, Emperor, in the darkest of times, when visibility is impaired, one may still follow the sound of a voice.*

*The Emperor corrected Yajnavalkya, saying, "Indeed, that is true. However, when the sun, moon, fire, and all sounds of life have died out, what remains to serve man?"*

*The wise man was pushed to the wall "Atman, the self," said he, "becomes his light; for it is by the light of the self that he sits down, goes out, works, and comes back home."*

*Though the emperor was delighted, the conversation had to end with this question: "That is true, O, Yajnavalkya, but of the many principles within man, which is the Self?"*

The wise man finally started instructing the king after this inquiry was posed ( Brahadaranyaka Upanishad, 4.3,1-7)

Hence it is self-reflection that leads the way when other avenues are closed. At its heart, self-reflection is setting aside time to think deeply and evaluate your thoughts, attitudes, motivations, and desires. It's examining your emotions and behaviors and then asking yourself, "Why do I feel and act this way? The act of engaging in self-reflection entails conversing with oneself on an internal level. Introspection entails investigating the origins of a person's actions, the significance of those actions to the individual, the efficacy of those actions, and possible solutions. Self-reflection is essential for internal awareness and understanding personal identity, focusing on the "what" rather than "why" to stay objective and productive. Purposefully investigating one's own ideas, feelings, and life experiences is the

goal of the deep and reflective process known as self-reflection. Going beyond the mundane, it promotes introspection and development beyond the superficial level of everyday life. As a fundamental component of emotional intelligence, this activity is critical in developing one's sense of self, moral compass, and interpersonal skills. Simply said, self-reflection is the practice of intentionally thinking on one's own thoughts, deeds, and goals. It is a planned break from the hectic pace of life that gives people the chance to reflect on who they are and have a serious conversation with themselves. Recognizing one's strengths and weaknesses, as well as one's accomplishments and opportunities for growth, is an important part of this introspective journey, which often requires bravery.

Gaining a better understanding of oneself is a major advantage of reflecting on one's own actions. By going through this process, people may better understand their tendencies, responses, and ways of thinking. Having a deeper understanding of oneself lays the groundwork for making wise choices, building emotional resilience, and facing life's obstacles with more clarity. Journaling, meditation, or having deep talks with oneself are all types of self-reflection, which is an ongoing activity. In instance, keeping a journal may be a great way to record inner monologue and observe one's development over time. Expressing oneself verbally or in writing helps one to understand their feelings, see trends, and get insight into their dreams and ambitions. A more genuine and meaningful existence may be attained via self-reflection, which serves as a compass in the field of personal growth. It helps people live in accordance with their principles, which in turn brings them contentment and honesty. Even when faced with challenges, people may develop a growth mindset by consistent self-reflection, which allows them to see chances for learning and development. Developing empathy and understanding in relationships is another benefit of reflecting on one's own experiences. A person's ability to understand another's point of view improves in tandem with their degree

of self-awareness. The foundation for lasting connections is this empathic understanding, which promotes healthier and more rewarding relationships.

Although there may be challenging and illuminating times along the path of self-reflection, the payoff is substantial. It gives people the tools they need to live lives that are genuine, purposeful, and in harmony with who they really are. In a society that tends to put more value on outward accomplishments, self-reflection shows how important it is to build a personal landscape full of understanding, empathy, and self-awareness.

Eyler, Giles, and Schmiede's (1996) 4 Cs framework outlines the four principles for ensuring an effective reflection strategy. The 4 Cs explain that good reflection is continuous, connected, challenging, and contextualized. Eyler and Giles (1999) later add a fifth C—coaching—to the framework to emphasize that student reflection is developed through feedback from their instructors.

Empathy, communication, adaptability, emotional intelligence, compassion are the qualities that are needed for a person to be useful member of the society and contribute to it. Even so, one competency that is often less talked about is reflection. Research shows the habit of reflection can separate extraordinary professionals from mediocre ones. We would go so far as to argue that it's the foundation that all other soft skills grow from. Engaging in self-reflection is bringing your awareness inside and purposefully analyzing your inner workings, including your thoughts, emotions, behaviors, and what drives you. You can learn more about yourself, your beliefs, and the reasons behind your thoughts and actions via active self-reflection. Francis thinks that the best way to know oneself—and to keep learning about yourself as you grow and change—is to reflect inward. As you get older, it aids in comprehending and strengthening your sense of self. Being able to take stock of your accomplishments and shortcomings, or your strengths and shortcomings, is a

crucial skill for figuring out where you can make the most progress. Spending time reflecting on one's own experiences, argues Wilson, may lead to a more self-aware person. One of the main components of emotional intelligence is self-awareness. The ability to identify and comprehend one's own emotions and the ways in which those emotions influence one's ideas and actions may be gained via this practice. Gaining command of the situation: Engaging in attentive, present-moment self-reflection is a great way to increase your feeling of control and this might make you feel more stable and in charge of your life.

Being in touch with your emotions allows you to communicate more effectively, openly, and compassionately. Devoting time to introspection helps elucidate your beliefs and the reasoning behind them. The ability to make better judgments for oneself is a talent that may be enhanced via self-reflection. Once you have a better grasp of who you are, you'll be better able to assess your alternatives and their potential consequences.

Self-reflection is a great way to make oneself more responsible. You may use it to reflect on your behavior and accept responsibility for your choices. Additionally, it might be beneficial for you. Unfortunately, it may spiral out of control when it becomes destructive thoughts like rumination, self-criticism, self-judgment, negative self-talk, and comparing oneself to others. A person who ruminates is one who thinks about unpleasant or distressing things a lot. Anxieties and disruptions to other mental processes are common symptoms of ruminating too much.

In order to develop as an individual, self-reflection is essential. In order to better oneself, it entails taking stock of one's inner life and making note of one's thoughts, emotions, and deeds. Individuals may devise a strategy for self-improvement by reflecting on, evaluating, and learning from their prior experiences. Improving one's decision-making abilities,



expanding one's capacity for empathy, and deepening one's knowledge of others are all outcomes of reflective practice. Individuals may improve their personal and professional life by reflecting on their own experiences and gaining insight into their strengths and weaknesses.

Bijibilla Rama Rao's book on self-reflection is wonderful source for any thinking individual who wants to lead a meaningful life. He discusses many wonderful topics that are crisp and short and much suited to today's world where an individual faces so much stress and tensions in life and does not have much time to reflect and think. These short essays touching upon more than two hundred topics are pleasing to read and cover wide ranging theme covering a wide range from Nation first, Women Support Women, Change is mandatory, Love yourself and society, Curiosity the gateway of reality, Change the mindset, Gratitude and many more. I am sure this will be an easy read and of much value to lead life the best way and to get maximum out of it. I have always known Rama Rao to be a serious thinking person with a philosophical bent of mind and these reflections are like gems in an ocean in today's world. I would really like to express my gratitude to the author for sharing his wisdom and contributing to the field of self-reflection. I am sure that any one who reads this book will embark on his or her own personal journey of self-discovery. I would recommend this book to youngsters and any thinking individual who wants to lead a meaningful life. I wish him all the best.

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# Nation First - Always First

**National integrity, National Anthem, Love yourself and your Nation, Love your Mother Land.**

*The need of the nation is to unite and work towards national progress. We must move forward with 'Nation First, Always First' mantra : PM Modi*

First of all, we should have a desire, discipline, determination, dedication, to consider something to invite and involve ourselves on daily basis makes us to move forward with great zeal of enthusiasm insists us to put a step forward to reach our goals and aspirations to plan well and perform better is possible with consistent practice makes us to fulfill and enjoy the fruits in reality. Positive attitude helps us to have winning mindset to reach more people to express our thoughts and share with them to contribute our level best as a team makes it happen in real life. Togetherness gives more strength and keeps us stable and strong with greater ideas in an innovative and dynamic approach with good intensions. Honesty and integrity keeps us in first line to stand in the middle of people when required develops the leadership qualities. A leader will create more leaders by sharing and caring.

Individual healthy growth is an indication for National growth. If we are strong our Nation is strong. If our Nation is strong the whole world is strong. If the whole world is strong entire universe is moving towards right path in right direction with right attitude and right cause with right people will achieve the right results in right time is worth mentioned here on this occasion. Let us rededicate ourselves to commit and confirm with great respect towards our Nation makes an impact on the part of our society by realizing our dreams into reality is a bear fact.

We should encourage our children to participate in large number in this gigantic task and make it as grand success gives us an immense pleasure and satisfaction as parents and useful citizens of this great Nation. Our children are core in this respect. Today's children are tomorrows responsible citizens of this great Nation. They carry forward everything we teach and train as elders makes an impact on the part of our society. It is a collective effort. All of us will play a key role to shoulder and face the challenges that occur during the course of our journey and continue till we reach our goal irrespective of the obstacles and hurdles that occur in the middle is irrelevant and immaterial. The first and foremost important point here is to focus more on our activity with one step forward makes us to reach miles and miles towards our destination is vital and more valuable. National safety is our safety. If we protect the Nation we can protect everything. It is our primary concern. Every one of us should work as a soldier and safeguard us from all types of threats which comes out through various means and unknown sources keeps us alert, awake, arise, aware, achieve is the right process. Youth play key role in this respect.

Transformation helps for good cause. Let us unite and invite more people to join with us for this noble cause. First come first served is always better. Be in the first row. Be as performer. Be as contributor. Be as an intellectual. Be as trend setter. Be as successful individual. Love all live all is the best way of approach. Help ever hurt never is the best policy. Love and kindness travel together. They are like two rails on the same track which helps us to reach our destination well in time. Be as proud citizen of this great Nation. Be as an Indian. Live as an Indian. Die as an Indian. Let the Indian flag rise high as much high as possible in the sky. Try to reach peak like mount Everest. Jai Hind! Bharat Mata Ki Jai!

# You are not alone!

**We are part of society. Togetherness gives strength.**

*"Don't ever lose hope. Even when life seems bleak and hopeless, know that you are not alone."* : Nancy Reagan

Struggling is part of the process! Never feel loneliness and decrease your strength. It deteriorates you further and demotivates and disorganizes in many angles and creates frustration which causes discomfort and feels disability by creating tough situation and spoils our health in an exemplary way by throwing us towards down fall. Instead, It is always better to feel and understand better that we are part of the society and people are there with us to share and express our views with them in clear and comfortable way we can communicate to get the suggestions from them where required. Sharing is caring. Love and affection is the only way to join our hands with others. It gives an opportunity to move with people and mingle with them in an understandable manner to fetch the fruitful results in reality. Unity gives strength. It keeps strong and stable to move forward with great zeal of enthusiasm in order to reach the goals in our journey. Skill development helps us to elevate and enhance to the next level in real life. Consistent performance alone can yield the best results. Self-motivation is the best way of approach. Believe! Belief gives everything. Trust yourself! Work is Worship! Duty is Divine! Do your duty. Rest will take care.

# Women Support Women

## Appreciation – Recognition – Understanding

*“Strong women stand together when things are rough hold each other up when they need support, and lough together when there is no reason to.”*

– Women Working.com

Rise yourself, for the sake of others too, makes it possible when we feel and practice then implement it in an effective and efficient manner will only it happens. A lot of effort is required. Anything and everything is possible as a group if we make the team we can work out and plan well to get the things done in a systematic and dynamic manner to fetch the fruitful results in reality. Women empowerment is the need of the hour. Women have to realize, react, respond, understand, help each other to grow in their respective fields with mutual awareness and respect themselves creates confidence and courage to determine and dedicate to sacrifice and focus more on their goals will make it happen irrespective of the obstacles and hurdles that occur if they move forward united with better understanding by knowing the ground reality helps a lot to proceed further with winning mindset in real life. Women plays multi roles as mother, wife, sister, home maker, serving par with men in any field day and night without any limits they are working. That it is an indication to feel proud themselves and consider them to feel pride for their own identity and recognition makes them to raise new heights and helps to make a path others to follow.



# Happy Weekend

**A great opportunity enjoys your journey, relax and enjoy.**

*"Hope you have a peaceful weekend that will ease your mind. Happy weekend."*

Weekend is an opportunity to utilize, prepare, plan and enjoy for next two days after working with full of thrill and will we really need some rest to relax with family, friends and so on to divert our attention towards social, personal, economical and spiritual activities will boost us for next week's activities to plan, design and perform in better way to fetch the fruitful results in real life. As a matter of fact, it is an opportunity to share our views with others and clarify with our friends and relatives to improve our knowledge in so many angles. Sharing is caring. It allows us to improve our skills at various levels elevates and enhances us to fit in to our work to develop in our profession. Let us utilize the weekends, festivals, National holidays and vacations are worth mentioned here to move with likeminded people makes an impact on our day-to-day work to large extent. Fun and run gives energy and strength to boost our image in our society. As a result, we can become an innovative and dynamic personality to move forward with great zeal of enthusiasm to reach our destination easily and quickly. It keeps us active and alert to put a step forward and allow us to reach miles and miles to accomplish our goals on daily basis. Skill development is part of the process and it is like a journey.

# Change is Mandatory

## Transformation: Modification: Convert

*"Change will not come if we wait for some other person or some other time."*

*"Change is the law of life. And those who look only to the past or present are certain to miss the future." – John F. Kennedy.*

Change reacts quickly and positively in the process with different kinds of living organism is believed to develop than earlier or previous when compared with the present shows us some improvement or development makes an impact on the part of individual or an organization for that matter even the Nation it applies. It is all about character, personality and individuality building our own strength in constructive way keeps us strong and stable over a period of time. Organization or Nation is nothing but people oriented. We created them for our convenience and comfort, to live in this world. If we mold our mind with positive attitude we prepare ourselves to get more strength to contribute in a remarkable manner thru transformation yields the desired results in an expected manner is the right way of approach. Parents, teachers, neighbors, friends and society will play a key role in this respect. We have to encourage our kids to think in different way and allow them to do on their own with proper guidance and support at home and school makes them to change on their own with an innovative and dynamic approach keeps them to fit any kind of situation or circumstances that occur gives confidence and courage. It is a collective effort.

# New Era of Green Public Transportation

**Clean mobility for everyone. Urban Design Plan ease us.**

*"A developed country is not a place where the poor have cars. It's where the rich use public transport."* – Gustavo Petro, Mayor of Bogota

It is worth and sustainable to introduce Rail Bus a solar powered and low-cost public transport system in cities like Hyderabad. It is holding sustainable cities across the globe where urbanization is more and density spread to balance the eco system helps us in protecting the nature. It helps to increase the green fields like parks, open playgrounds will ease the public to reach safely their destination fast and saves time. It conquers the traditional transport system like taxis, buses, trains, two wheelers, cars, autos and other means by introducing monorail system. It is cost effective and reduces travel time. As a result, we accustom to walk freely or use cycle to catch the train nearby. Group transportation reduces carbon makes oxygen to breathe fresh air freely by protecting environment. Environment protection is the main concept of introducing rail bus in shaping sustainable cities where urbanization is growing rapidly. It is like a journey from historical systems to innovative startups redefining the future of mass rapid transport system is one of the ways one can think and follow.

It is always better to explore the visionary approach with ground breaking technology and understand the potentiality of rail bus to be a game changer in green public urban transport system. It is a challenging task to implement the rapid rail bus transport in cities like Hyderabad.

No doubt Metro rail is already functioning in our city with the great initiative took up by State Government and planning to move forward in mass way with expansion in the near future is a welcome sign to share with Hyderabad's. I would like to share the book written by Harry Bram well with a view to benefit the readers Amazon link as follows.

[https://www.amazon.in/NEW-GREEN-PUBLIC-TRANSPORTATION-transportation-ebook/dp/B0CD6FQM4T/ref=sr\\_1\\_8?crid=FKVBYP70MRYR&keywords=Green+Transportation&qid=1691050720&s=books&sprefix=green+transportation%2Cstripbooks%2C214&sr=1-8&asin=B0CD6FQM4T&revisionId=&format=4&depth=1](https://www.amazon.in/NEW-GREEN-PUBLIC-TRANSPORTATION-transportation-ebook/dp/B0CD6FQM4T/ref=sr_1_8?crid=FKVBYP70MRYR&keywords=Green+Transportation&qid=1691050720&s=books&sprefix=green+transportation%2Cstripbooks%2C214&sr=1-8&asin=B0CD6FQM4T&revisionId=&format=4&depth=1)

# Secure Work Force

## **Safeguard: Take care of: Keep safe: Safety measures**

*"A healthy workplace is essential to grow our state and complete in the global market place. These actions are important to improve the health security of Iowans by making healthcare more affordable and accessible." – Tom Vilsack*

*"An ounce of prevention is worth a pound of cure." – Benjamin Franklin*

*"Safety is something that happens between your ears, not something you hold in your hands." – Jeff Cooper*

*"An incident is just the tip of the iceberg, a sign of a much larger problem below the surface." – Don Brown*

*"There's no better policy in society than pursuing the health and safety of its people." – Ralph Nader*

*"Safety is not an intellectual exercise to keep us in work. It is a matter of life and death. It is the sum of our contributions to safety management that determines whether the people we work with live or die." – Sir Brian Appleton, safety assessor.*

Employee and employer relation is essential. Human resources are the most essential part. In an organization first employee will come then the customer will enter based on the quality, reliability, goodwill people will join as customers and make it happen in reality. It is step by step process. Nothing happens instantly. Men, Women, Money, Material, and Machinery are like five pillars for any firm. As part of growth and welfare measure staff are recruited based on the size and its needs.

Recruitment process is most crucial on both sides and stay longer. Work culture, welfare, compensation, goodwill, team spirit, behavior and leadership largely depend to manage and sustain in long run anywhere in this world. Win-win strategy is always better. It is like give and take policy. Collective and consistent effort only yields the best results. Training is part of the process. It is ongoing journey. One should learn on regular basis. Technology helps to great extent. Application is like an action which makes us to be more enthusiastic and willingness allows us to do anything and everything. Nothing is impossible in this world. We should have desire and willpower. It gives strength makes it happen. Discipline is the root cause of everything. Decision making is crucial. Inspire and empower people those who are on rolls. Retaining them with good health, wealth and prosperity makes an individual to stay longer with an employer. Give freedom with accountability. Technology helps to know the reality. Appreciate and encourage good work which improves productivity and keeps the organization in safe zone. No doubt, human resources are tough to handle and continue to move smoothly. It is like a sword does not know when it cuts our throat. Still we have to manage and handle the situation with belief process. Everybody needs their requirements and essentials. Close observation gives clarity. Caution and care keeps strong and stable.

# Love yourself and your society

**Self-love – self-satisfaction – self-motivation - self-care**

*“Let today be the day you love yourself enough to no longer just dream of a better life; let it be the day you act upon it.” – Steve*

**Maraboli**

Self-love, self-care, self-satisfaction, self-talk, self-confidence, forgiveness, self-motivation, self-learning, self-growth makes an impact on the part of individual to inspire and empower to get more strength and gives pleasure with prosperity in reality. Unity gives ability to perform better and the best. It makes to feel joy when we move with likeminded people shares our knowledge and exchange ideas to generate more power within us. Consequently, we gain more knowledge through various means by applying our skills on different occasions keep to concrete the relationship among us. It is part of the process to learn and earn on regular basis. Sharing is caring. Share your love with others when required which gives courage on the part of receiver. Be strong yourself to take care of the rest in daily life. An empty cup cannot pore with others. If you have then only you can give something to others. It may be either in the form of service, knowledge or anything for that matter first you stabilize yourself to take care of others in reality. Believe that you are part of the society. We are humans. We need to help and support each other. Then only we can sustain in long run. Behave as human being. Prepare as responsible individual.

# Less Luggage More Comfort

**Appreciate yourself, be proud of yourself, be a trendsetter,  
Love your work, Lead simple and honest life.**

*"Life begins at the end of your comfort zone."* – Neale Donald  
Walsh

Less luggage more comfort is the best policy. Be happy with what you have and do your best in given time and circumstances with the available resources is the right way of approach. It gives us an immense pleasure and satisfaction. Satisfaction plays key role in real life. A satisfied person is better than a successful individual. Love yourself and your work. If you love your work it loves in the form of success. Focus more on your desired goals. Vision helps to plan well and perform better to fetch the fruitful results in reality. Willpower is ultimate. Where there is will there is a way. All the glitters are not gold. Rome was not built in a day. Patience is key for success. Wait for the opportunity. Instant results will not fetch better in long run. Success is a journey not the destination. Create your own path and sow the seeds on either side of the road will grow plants and give flowers and fruits to others. It also shows the path to move forward towards our journey to reach our destination well in time is the root cause of everything. Discipline makes everything. Be as consistent performer and never stop in the middle irrespective of the circumstances that occur till you reach your goal. Be as role model. Appreciate yourself.



# Kindred Spirits

**Similar feelings, opinions, interests, attitudes, emotions and motivation inspire and empower us in many ways.**

*"Kindred spirits alone do not change with the changing years."*

– Lucy Maud Montgomery

Kindred spirits bless us through various means on different occasions, forms, directions, and sources with similar feelings, interests, and opinions will help us like sun rays falls on us directly to shine bright and trim to appear smart and brave in real life. It inspires and empowers us to motivate and visualize to forecast in a planned manner and perform better actively and efficiently to fetch the fruitful results in reality. Sun shine is a natural way of lighting which falls on us when the dawn comes out the day begins from morning to evening till sun sets we can do so many things in our daily routine to fulfill our needs and requirements on daily basis. It is a natural gift given by God to all of us. Let us show our gratitude towards God immediately after wake up from our bed we should pray God to give more strength by giving us an opportunity to dress up and start the day by spending some time with mother nature while walking and breath a fresh air and see the sun through woods makes an impact on us full day we will become more active and perform our tasks on hand in gentle way and complete them in a systematic and dynamic manner makes us to feel happy with immense pleasure and satisfaction. That is the power of kindred spirit.

# Rakshabandhan

Rakshabandhan is a festival celebrated among brothers and sisters mainly indicates the sharing of love and affection with each other. It is popular and Hindu traditional festival celebrates in South Asia and other parts of the world where Hindus live as part of tradition and culture. They pray God to give more strength with love and kindness between friends and family members then distribute sweets and tie the Raksha as a matter of symbol and promise that I am with you, you are with me, both of us are with our society and the society is with us is the bond feels by everyone with great belief and respect. That belief itself gives more strength and allows us to move forward with determination, dedication to sacrifice and move forward with great zeal of enthusiasm towards our journey in reality. That means each individual will protect the other person. It makes bondage and belongings with willpower as we are one family. Togetherness is strong and stable. Unity gives ability. Ability makes us to plan and perform better and implement it in an effective and efficient manner to fetch the fruitful results in real life. Finally, it leads to peace and prosperity. Where there is will there is a way. Willingness gives more clarity. It gives desire. Desire makes to think and apply our brain. Thought process is ultimate. An idea can change this world to large extent. Mutual trust protects everyone. It improves the personal, family, social and spiritual relations in long run. Cultural and traditional values improve the relations among people in our society. The deep meaning of Rakshabandhan is the bond of defense. Rakhee is always tied on the right wrist. Even after the sister's marriage, a married sister comes to her mother's house to bind her brother with the Rakhee on this auspicious day of Rakshabandhan. Protect yourself, your family, friends, fellow citizens, community, society, Nation and the world as well. Rakshabandhan is the last day of Shravan that is why it is called shravani. Let us celebrate it with spiritual feelings in a grand manner.

# Research & Development

**Science and technology, teamwork, work is worship; duty is divine, love your work.**

*"Research means that you do not know, but are willing to find out."*

– Charles Kettering

Research & Development is key area which plays vital role with the help of science & technology as a team made it happen in reality. ISRO Siva Shakti is the best example and it made us to feel proud as Indians and set an example to others that we display, prove, perform and achieve the best par with other advanced countries. Science and Technology is one area where the world is moving fast on daily basis if we do not update we trail when compared to others one has to bear in mind and follow with proper planning and train ourselves on regular basis makes us to fit in given circumstances with the available resources is stressed here on this occasion. ISRO has followed the same concept. Always try to give your best and try to do your best in given time with the available resources is the best way of approach. It inspires and empowers others with motivational approach. Self-sustaining gives self-confidence and courage to move forward with great zeal of enthusiasm to focus more on our desired goals and accomplish them with proper discipline well in time is the best way of approach. Ms. Kiran Mazumdar Shaw is the best example to rise like a star in the sky and Icon of Bio-con in Bio-Technology is the best in this world. It is her brain child with consistent effort she made it possible to this world. She played a significant role in this respect.

# Self-Awareness

**Arise, awake, aware, aspire, absorb, accept, inspire, involve,  
believe, create, enjoy.**

*"Self-awareness gives you the capacity to learn from your mistakes as well as your successes. It enables you to keep growing."*

– Lawrence Bossily

Awareness is key for success. Know your strength and shift to focus more on your desired goals. Always remember that your effort should be more than your desire. Dream big achieve big. Consistent effort gives consistent results. Expand and widen your connectivity. People are your strength. Self-motivation is the best way of approach. Love yourself and your work. Work alone gives positive results. Aim high! Sky is the limit. Determine, dedicate, commit, focus, sacrifice, and discipline helps to grow healthy. Burning desire makes to visualize and plan well to implement and perform the things in right direction at right place in right time with right cause with right people is the right way of approach. Our effort is our valuable asset. Create your own image and set an example to others. Arise, awake, aware, allow, absorb, aspire, accept, and appreciate your journey. It is God given gift. If our intensions are good people will support us. Honesty and integrity are like two sides of a coin. Both are equally important. Each one has its own value. Human values are utmost important and gives us an immense pleasure and satisfaction. A satisfied person is better than a successful individual. Realize! Respond! Respect! You only can do it. You are the performer. You are deserved. You are the key for everything.

# Inner Journey is the best version

**The best examples are Brand, Class, Category, Design, Form, Genre, kind, make, model, style, type, variety, and Inner Engineering.**

*"The only impossible journey is the one you never begin."*

– Tony Robbins

Symposiums, Workshops, Training Programs, Paper Presentations, Meetings, Conversations, Expressions, Group Discussions will enhance and update our knowledge to large extent and improve our communication skills to share our views with others on particular subject or a topic makes sense and useful in reality. It clarifies our doubts and throws the light to understand better to know the ground realities. Skill development with professional approach by experienced trainers makes us to learn more and more with an innovative and dynamic approach keeps us to fit in the frame designed and developed to grow in right direction gives an immense pleasure and satisfaction. Learning is a lifelong process. It helps to evaluate and appreciates regularly. Consistent performance alone gives the best results. Let us create our own path to follow by others when required and set an example to others. Transformation helps to create trend and become the role model. Technology helps in this respect. Apply brain and follow accordingly. Application itself is an indication to grow and shine brightly together. Togetherness gives more strength. Teamwork plays key role which gives clarity with vision. Unconditional love, forgiveness, gratitude helps us more.

# Curiosity is the gateway of Reality

*It creates Strong desire, Interest, Spirit of inquiry, Inquisitiveness.  
"Curiosity is the key to creativity." – Akio Morita*

Imagination or curiosity is nothing but great view of feeling yourself in your mind, heart, soul and drink, eat, sleep day and night which creates as burning desire helps to innovate, engage, evolve, prepare, dream, visualize, like, love, practice, perform make it happen in real life. It has its own will and wish to engage and think to move forward in right direction at the right place with right people at the right time with right cause is the right way of approach to fetch the fruitful results in reality. It also makes us to aware and awake, arise and involve knowing the ground realities with better understanding to take a decision and determine to dedicate to sacrifice and focus more on our desired goals. It is a step by step process. Willpower and consistency will engage us to create an innovative and dynamic way to prepare ourselves with burning desire keeps us to learn on regular basis helps to plan well and perform better to implement it with immediate effect yields the best results in our day-to-day activities. Focus more on our goals is part of our vision and imagination. Consent and consciousness with awareness and responsiveness makes us to be alert, awake, arise, and wait in our journey to reach our destination in time.

# Self-Worth is Self-Awareness

**Self-esteem, self-value, self-confidence, self-evaluation, self-appreciation, knowledge, judgment, mindfulness are some examples.**

*“Self-awareness gives you the capacity to learn from your mistakes as well as your successes. It enables to keep growing.” – Lawrence Bossily*

Self-worth is known as self-awareness. Knowing your strength is key for everything. If you know your desires then focus towards your goal. Goal setting is ultimate. It makes you to create zeal and enthusiasm leads to burning desire. Discipline, dedication, determination, sacrifice, effort and ability allow you to move forward towards your destination to reach safely and securely well in time. To achieve your goal consistency gives confidence and courage. Hungry stomach needs to search for food. Our effort should be higher than our desire. Then only things will happen. Skill development is part of the process. Learning is a lifelong process. Results are ultimate. An idea can change this world. Thought process makes us to reach likeminded people to share our views with others and invite them to join with us. Togetherness gives more strength. Teamwork plays vital role. Communication is key for success. An ordinary will become extraordinary when we put a step forward towards our journey it makes us to reach our destination safely and securely well in time is the right way of approach. Action yields fruitful results. Brave inspires brave. Marlene Foster, Community Awareness and Aspiring Author stays in front row to help us in this respect. Let us wish her all the best.

# Responsibility and Accountability

**Trustworthiness, rationality, reasonableness, Maturity, commonsense, Province, Adulthood, Dependability, reliability, Answerability, Province, Liability, Obedience will help us to feel more responsible and accountable.**

*"Personal accountability requires mindfulness, acceptance, honesty, and courage."* - Shelby Martin

*"If you're going to be a leader, you're not going to please everybody. You have to hold people accountable, even if you have that moment of being uncomfortable."* - Kobe Bryant

*"When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behavior or a choice."* - Brené Brown

*"Failing to hold someone accountable is ultimately an act of selfishness."* - Patrick Lencioni

Our actions and decisions are crucial while planning, performing, implementing, forwarding makes an impact and plays an important role on others. We should be careful and cautious at every stage, on each step makes us to be alert, aware, awake, arise, explains that we should take measures not to hurt and should not give adverse results to the society at large due to our behavior, plan of action and implementation keeps us more responsible and accountable in reality. Consequently, our reputation effects in the minds of receivers in long run.



Reasonable thinking, maturity, trustworthiness, commonsense, adulthood, reliability, obedience elevates us to the next level and goodwill is created among the people over a period of time. Word of mouth is word of sweetness to hear and make the people near and dear. Thoughts and desires are like jet plane travel from place to place and change the moods of individuals in real life. Wisdom is a God given gift. It is the quality of having experience, knowledge and good judgment the quality of being wise. Words of wisdom are the words of intelligence and understanding.

Attitude is the settled way of thinking or feeling about something. Frame of mind, view point, perspective, reaction, school of thought, outlook, approach, feelings, interpretation and orientation makes an individual to behave and move forward to proceed further on a particular aspect depending on situation prevailed is stressed here in this respect. It makes us to be liable and obedient on our character which we should bear in mind at all times on all occasions at every stage of our life keeps us to be more responsible and accountable in true sense. Our style of living depends on the people to whom we move in our society. That is why we should select the friends, neighbors, colleagues, peers and fellow citizens carefully. We should guide our kids to follow accordingly because; they are future citizens of this great Nation. It is in our hands to nourish them as useful citizens of this universe. Teachers, Parents, neighbors, community play a key role in this respect.

# **The Challenges of Food Insecurity**

**Let us focus on climate change, Global warming, Biodiversity, Global water crisis, Collaboration, Coordination, Watershed management.**

*“Food insecurity and hunger are serious threats to children’s health, growth and development. The idea of not being able to put plentiful nutritious food on the table for any child is a horrifying thought.”*

**– Samantha Harris**

It is a shocking news alerted by World Bank in its weekly update and cautioned us to curb the scarcity of food and handle it efficiently the low volume of agriculture output by applying technology through various means help and improves the production in multi aspects. It is a collective effort to face the challenge, we have to concentrate on various aspects and take the measures to reduce the problem by following the experts opinion helps to some extent to come out of this problem. Some of the points mentioned here to take care and handle the situation in a better manner.

Drip irrigation eliminates the wastage of water and improves crop production. High yield seeds should be available in market with reasonable cost makes easy to farmer to collect and increase the output. Modern agricultural equipment helps the farmer to increase the production in large scale with less effort and saves time.

Information should reach farmer about latest changes taking place with the changing environment in agriculture sector by electronic media, Agriculture universities, colleges, and Research institutions conducting programs like farmer’s day, seminars, symposiums and

meetings with farmers in large scale at their place is stressed here on this occasion.

Elimination of wastage keeps us in safe zone. We should keep an eye and avoid the leakages right from production, procurement, shifting from one place to the other, storage, consumption and so on. Everything counts and makes major change if we follow and implement it effectively.

Minimum support helps the farmer by eliminating middle men through minimizing the levels between farmer and consumer gives direct access in procurement between the user and producer reduces the burden on all of us. People migrating from rural to urban are increased when compared to earlier.

Welfare is required and it is must to take care of the needy by respective governments in case of education and health. At the same time free schemes are most dangerous in long run and spoil us in many angles to avoid growth at global level. It makes us lazy and worthless. It is going to be burden on the part of exchequer in long run. It is only a caution and necessary measures should be taken up by all of us to avoid this problem. We are collectively responsible for this cause. Let us not to blame one sector or one group. It is a collective effort. Blame game will not fetch the fruitful results. Let us respect and respond as responsible citizens. Be proud of yourself. Behave like self-sustained and self-developed person. Work is Worship. Duty is Divine. Love yourself and your work. If we love our work it loves us in the form of success. Try to be a giver instead of taker. Giving has its own value. It gives pleasure and satisfaction. Let us pray God to contribute our level best in given time with available resources.

Plant a tree to save the nature. If we protect nature it protects us like our mother.

# Investing our time and energy

**It helps in planning, guiding, monitoring, implementation, training, research & development, identification, allocation, supporting, evaluating, observing, studying, communication, environment, appreciation, recognition.**

*"Invest your energy into something that is going to contribute to your growth." – Anonymous*

*Your greatest asset is your earning ability. Your greatest resource is your time. -Brian Tracy*

*Give me six hours to chop down a tree and I will spend the first four sharpening the axe. -Abraham Lincoln*

*Concentrate all your thoughts upon the work in and. The sun's rays do not burn until brought to a focus. -Alexander Graham Bell*

*It's not the daily increase but daily decrease. Hack away at the unessential. -Bruce Lee*

*"An investment in knowledge pays the best interest." — Benjamin Franklin*

*"In investing, what is comfortable is rarely profitable." — Robert Arnott*

*"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." - Mother Teresa*

*"Time is really the only capital that any human being has, and the only thing he can't afford to lose." -- Thomas Edison*

Time management is crucial and vital in all respects in our day to day lives across the globe. We have to utilize the time for good cause with maximum effort to get the fruitful results in reality. Effective planning and implementation with communication skills will improve our overall personality. Identifying the needs is crucial in this connection. Allocation of our work supports us in various aspects. It makes us more enthusiastic and efficient while performing our duties as a responsible individual to share our views with others and make them to involve in our activities as part of our collective effort. Unity gives more strength. Collective effort gives collective results. Sharing is caring. Share your success with others. Your energy and effort is your strength. Knowledge is essential. It inspires and empowers us to move forward with one step to reach miles and miles towards our journey. Appreciation and recognition is part of the process. Give and take policy leads us towards win-win strategy. Understanding each other makes us to know the ground realities. In depth knowledge is more powerful. It helps us to be alert, awake, arise, allow, announce, appreciate and support where required. Work culture is essential to move smoothly and safely among the people. It makes us to form as a team and creates the team spirit. Team spirit gives us joy and pleasure which leads to good health. Health is better than wealth. A satisfied person is better than a successful individual. Let us rededicate, redefine, revise and react with our strength to move forward with great zeal of enthusiasm with positive attitude to reach our destination in our journey safely and securely well in time is the best way of approach.

# **I have not done everything right!**

**It gives scope for study, evaluation, canalization, realization, rectification, learning, appreciation, enhancement, critical thinking, encouragement, guidance and support, opportunity as an elite performer.**

*"It is never too late to do the right thing." – Nicholas Sparks*

*Failure isn't fatal, but failure to change might be." – John Wooden*

*"Many of life's failures are people who did not realize how close they were to success when they gave up." – Thomas Edison*

*"A person who never made a mistake never tried anything new."  
– Albert Einstein*

*"Success consists of going from failure to failure without loss of enthusiasm." – Winston Churchill*

*"A person who doubts himself is like a man who would enlist in the ranks of his enemies and bear arms against himself. He makes his failure certain by himself being the first person to be convinced of it."  
– Alexandre Dumas*

*"Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit." – Napoleon Hill*

As an elite performer let us work out to make things better than the present. Basically, we are all humans. No one is perfect in this world. We do, re-do and perform things on routine and commit the mistakes sometimes is the most common. At the same time,

by the end of the day we work out and try to rectify and correct ourselves through evaluation, canalization, realization, critical thinking, guidance and support by our well-wishers, peers, friends and colleagues we enhance and elevate to the next level as part of our duty, responsibility and accountability. It is always better not to commit mistakes and take sufficient time to review and plan well to implement effectively and perform efficiently is the best way of approach. Our experience is our best teacher. Self-evaluation, self-motivation, self-respect increases our thought process to think better and the best in reality. Positive attitude helps to think wise and move forward with great zeal of enthusiasm towards our goal and focus more to determine and dedicate to sacrifice and fetch the fruitful results in real life. Learning is the first step to achieve the best by observing and moving with likeminded people keeps us to follow in right direction at the right place with the right people for the right cause in right time is the right way of approach. Team spirit inspires and empowers us in many angles. It gives more strength as an elite performer to lead and perform better and the best.

Based on the situation and circumstances an individual will determine to think something to proceed with the information available and the conditions prevailed makes us to proceed further in our activities on daily basis keeps us to lead our life with joy and pleasure. Decision making is crucial and vital. Thought process is ultimate. An idea can change this world. Be an innovative, dynamic and valuable to maintain standards in real life gives us peace and prosperity.

# The Thinker & the Doer

**Thought process, effective planning, decision making, implementation, consistent performance gives the best.**

*“The thinker and the doer, no allowances for the other, as the failing light illuminate the mercenary’s creed.” – Jethro Tull*

We find two types of people in this world. Thinkers and doers, apart from this in between some people stay in between or change from one mindset to the other. Thinkers are the people who have strategic planning and creative mindset and plan everything and take action accordingly. Doers are the people who plunge into the task immediately without thinking twice. Timely action gives timely results. Quick movement gives quick and effective results. Time management is an art. It improves leadership qualities. It helps to grow together. It also improves communication skills. It makes us strong and stable. It helps us to face the challenges that occur during difficult times. Daring step allows us to move forward towards our desired goals. Goal setting is must in real life. The goal should be specific, measurable, and reliable and have time bound. Our aim and effort should be higher than our goal. Then only we can accomplish and prove to this world. Dream big achieve big is the right way of living. Determination and dedication helps to sacrifice and focus more on our desired goals. Thought process is ultimate. An idea can change this world. Effective planning gives confidence and courage to perform better and the best. Brain expansion, reasonable thinking, and common sense, application, action plays an active role and yields the best results in real life. Do or die is the choice left to us. Hungry stomach needs food. Work alone fills it and gives strength to think in positive way and perform well.



# Leadership Transformation

**Change is must for skill development, self-discipline, and self-motivation, thought process, effective communication, planning and implementation, self-awareness, team spirit.**

*“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.” – Jack Welch*

Proudness, overconfidence, overenthusiasm, disagreeable, lack of understanding, over trusting, under estimation, mismanagement, delay in decision making, lack of coordination, inefficient planning and implementation, poor communication, less effort and more desire, over estimation leads an organization to downfall slowly and disappear over a period of time irrespective of its size, image, nature and activity. We should bear in mind people come first and take care of them as contributors to grow and create an environment user friendly starting with work culture, freedom, team spirit, skill development, training, compensation, welfare measures, involvement, recreation, frequent breaks, selection process, induction program inspires and empowers an individual to know the overall picture of an organization makes to contribute their level best to fulfill the needs and requirements of management. Discipline is the root cause of everything. Self-learning, Self-discipline, self-motivation, self-confidence gives courage to determine and dedicate to sacrifice and focus more on our desired goals. Human resources are the toughest area one has to handle with care in an organization. If we overcome this problem majority problems solved with the help of people.

# Understanding the Birth Chart

**Belief Process, Pre-determination, God's Grace, Living World, Mother Nature, Parents, Family, Brothers and Sisters, Relatives, Friends, Community, neighborhood, schooling.**

*"I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures." – Lord Buddha*

Yes! It is fascinating! Everything is pre-determined and moves on forward. Nothing waits for anybody. The time proves everything in reality. We have to wait patiently. At the same time do your duty. Feel responsibility. Duty is Divine. Work is Worship. Do your duty. Hope for the best. You will get the best. It has its own value. Be happy with the available resources and the time available. Please contribute your level best which gives an immense pleasure and satisfaction. It keeps us alert, awake, arise and ability to do our things in real life. Time is more precious and cautions us in all our activities. Transformation is key for everyone. Believe! Belief gives many things. Let us rededicate ourselves to enhance, empower, inspire, evaluate yourself and appreciate your journey. You are key for everything. Be responsible and accountable on your own activities. Teacher plays a key role in this respect. The teacher will nourish us in all respects along with our parents right from childhood. The mother will show the father. The father will show the teacher. The teacher will show the world. The world gives us everything due to our effort and ability by contributing with our strength along with our fellow citizens. We are strong and stable. Unity gives strength. Sharing is caring. Share your success with others. Love and kindness are part of the process. Love all! Live all is the best policy.

# **You should always be your biggest fan**

**Love yourself, Love your work, Love the world, Live in this world, Be people oriented, Be as role model, Be trustworthy, Create your own image, Show the path to follow.**

*"Consistency is harder when no one is clapping for you. You must clap for yourself during those times. You should be your biggest fan."*

- Unknown

Love yourself and your work. Love alone gives an opportunity to think in positive direction and express our views with others in reasonable way to understand better and know the ground realities in order to fetch the fruitful results in reality. Live with people. Be people oriented. Be task oriented. Be result oriented. Be as an elite performer. Effort alone gives the best results in real life. Set an example to others. Be a role model. It inspires and empowers to learn more and more through various means. Learning is a lifelong process. It elevates us to the next level in real life. It keeps us to involve and plan well to implement and perform better to reach our goals well in time during the process. Talk less and work more. Discipline is the root cause of everything. Focus more on your desired goals. Innovative and dynamic approach with determination and dedication to sacrifice gives us an immense pleasure and satisfaction. Unconditional love makes us to reach more people to grow together and get the things done in a systematic and dynamic manner. Never look for short cut methods. As long as your intentions are good people will be with you to support and guide when required. A small support and guidance makes an impact on us.

# Mentor and the Mentee

**It is like joint responsibility, combined effort, teacher and student, learner and preacher, guide and receiver, demonstrator, supporter to help and part of training with team spirit for learning and improvement.**

*"A mentor is someone who allows you to see the hope inside yourself."*

– Oprah Winfrey

Mentor is like a guide and supporter to take care of the mentee in all respects and nourish the candidate or group of persons to transform and bring up to the next level in reality. Mentor's role is like parents and children or teacher and the student in other words like the best friend will play a key role to save and create the best and outstanding candidate through skill development to fetch the fruitful results in real life. To say in one word the mentor is ready to give anything to protect and make the mentee to reach high and high. At the same time it is in the hands of the mentee to digest and receive to plan and perform effectively by applying the knowledge given by the mentor is really crucial and proves in given time and the resources available is a tough and difficult situation. Lot of effort and efficiency is required to carry forward and inspire to motivate and empower to produce the results gives an immense pleasure and satisfaction to the mentor as a teacher, well-wisher and coordinator once witness the success. It is like a win-win strategy. Both should feel equal responsibility and do their best with good intension and move forward with great zeal of enthusiasm to reach the destination well in time in this journey.

# Change your mindset

**Transformation, Positive attitude, innovative thinking, dynamic approach, thought process, leadership qualities, good intentions, helping nature, kind heart.**

*"Happiness is not something you postpone for the future; it is something you design for the present." – Jim Ron*

Every day is a new opportunity to joy and enjoy. It is God given gift. We should pray the Almighty and show our gratitude immediately after getting up from our bed to rise and dress up to fulfill the dreams with love and affection. Joy is the sum of our own desires, dreams, kindness, love, activeness, and alertness, positive attitude, wisdom, effectiveness, actions and so on makes us to create the miracles in real life. It leads us to a new world with transformation in an innovative and dynamic approach to fetch the fruitful results in reality. That is the power of joy! Let us rededicate and reproduce with joy and happiness gives new opportunities to struggle and face the challenges that occur on regular basis. Be happy with the available resources in given time and try to achieve your goals with your effort and ability. Thought process is ultimate. An idea can change this world. Positive attitude gives positive thoughts. Winning mindset gives winning strategy. Win-win situation is the best way of approach. Help ever hurt never is the best policy. Do your best. Give your best. Hope for the best. You will get the best. Believe! Belief gives everything. Enjoy every moment in your life. We are here to create something with joy and cheers.

# Gratitude is the key for everything

**It is an expression of our sincere feelings in the form of acknowledgement, thankfulness, blissfulness, gratefulness, appreciation, recognition, and respect for good work or help done by others to feel happiness.**

*"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts." – Henri Frederic Amyl*

As a matter of fact none of us are hundred percent fulfilled. No one is pure, perfect in this world. There is no twenty four karat gold in this universe. It will mix with something or the other. We have some lapse or weakness with deficiency in real life. It is bear fact. One has to accept. Only thing is let us try our level best to be good, prompt, perfect, honest, excellent personality to the best of our ability and strength to live in a right manner makes sense and gives some meaning to our life. God has given us an opportunity to live in this world with our own effort by guiding elders, well-wishers, teachers, family members, neighbors, friends and so on. Gratitude is the only way to express our thanks to everyone with happiness to lead our life with joy and pleasure. Let us show our gratitude towards God every morning immediately after getting up from our bed to rise and dress up to move forward with great zeal of action to perform better and get the results based on the effort we put and prove us in reality. We are breathing means we are surviving. We are surviving means we are performing. Consistence performance alone can yield the best results. Be happy and enjoy your journey. All of us are grateful in this respect.

# **The bird Eagle is strong and fly high**

**It has strong willpower, self-motivation, Self-discipline,  
Self-confidence, self-evaluation, Self-help, consistent  
performance, effective planning and implementation,  
communication skills, burning desire, good intention.**

*“If you want to fly with the eagles you have to stop swimming with  
the ducks.” – Motivational quotes*

The bird eagle is the best example for determination, dedication, sacrifice and builds to generate the power and get the strength with willpower and effort becomes strong and stable to survive and proves that it can fly high and face all kinds of challenges that occur in its journey. It will never stop and compromise irrespective of struggles and difficulties that occur and move forward with great zeal of enthusiasm to reach the destination that planned and implement in such a way that it should accomplish the desired goals to make it happen in reality. That is the power of belief. Belief makes us to create a desire and allow preparing well and planning better to complete the task well in time is the best way of approach. Willpower is the root cause of everything. Discipline helps to inspire, empower and motivate us to move forward with one step to reach miles and miles in our journey. Action alone gives the best results. Is action oriented! Is task oriented! Is result oriented! Focus more on your desired goals. Winning mindset helps to win the game. Your vision makes you to plan well and perform better to implement and fetch the fruitful results in real life. You are the performer! You only can do. You are the successful individual

# Are You Overthinking?

**Thought process, human behavior, human values, human beings, humanity, society, community, universe, mother-nature, God's grace, people involvement, people support, positive mindset keeps us cool and calm.**

*"Overthinking is the biggest cause of our unhappiness. Keep yourself occupied. Keep your mind off things that don't help you. Think positively."* – Simple Reminders

Be ready to prepare yourself all kinds of challenges and situations that happen in real life. There are so many things happen in this world on daily basis without our involvement beyond our control is a well-known fact. After all we are human beings. We can only foresee and predict to some extent and take necessary measures to avoid problems with more difficulties in day-to-day happenings. Believe! Everything is with God's grace and predetermined by the most powerful thing moves this world as designed and created. We are all instrumentals and play our roles with strong desires, to the best of our ability and strength. No doubt, we have to put our effort sincerely. Then only things happen in reality. At the same time, believe that beyond our effort and intentions there are so many things will reflect and make it happen is the bear fact. Our success is not ours alone. It is a combination of so many unknown things will work and get it done to complete the task in real life. That is the power of God and your own and unknown people, things supported and guided, helped, well managed in your favor apart from your willpower, desire and effort. Realize, appreciate, accept, enjoy and believe the process. Action plan is must and execute it.



# Evolution Brings Revolutionary Changes

**Advancement, development, progression, expansion, extension, adaptation, revision, modification, reconstruction, evolvement, transformation, flexibility, willingness, listening, and observation keep us alert.**

*"It is not the strongest of the species that survives, or the most intelligent, but the one most responsive to change."*

– Charles Darwin, 1809

Evolution is a gradual development and advancement of something whether it may be in employment, profession, business or personal activity. It applies to everyone irrespective of our position, status, size, nature, age, qualification, or even gender makes an impact if we evolve or transform from the present level to the next elevates us and empowers to motivate and enhance us to reach the peak if we follow and implement it effectively and efficiently in planned manner shows the best and significant results in real life. Dramatic changes are taking place in recent past. Post pandemic situation proves that traditional systems are not required to follow and give freedom to an individual to work from anywhere, anytime, any device is immaterial and output is the main criteria to share the information in given time with adaptive learning and teaching in democratic manner relies on collaborative technology helps to grow as a dynamic leader and lead the team with team spirit gives the fruitful and positive results. It gives freedom, power with responsibility and accountability to focus more and complete the task assigned in specified time attracts and feels happy to show the results by respective groups or individuals in this respect.

# Smile Always - Be Happy

**Positive Attitude, Good Intentions, Togetherness, Good Vibes, Like Minded People.**

*"Always remember to be happy because you never know who is falling in love with your smile."* – Quotes about Always Being Happy

Smile is a symbol or an indication for invitation and allows others to join with you for achieving the success in our journey. It makes us to join hands with likeminded people and communicate effectively to express our views and willingness to work together and create an environment to fulfill our needs and requirements. Togetherness gives more strength. Teamwork gives space for energy. We feel happy and enjoy performing better and the best. It makes us strong and stable. It also helps to learn from others and improve in systematic and dynamic manner to fetch the fruitful results in real life. Willingness creates disciplined way of life. Desire is the root cause for growth and development. Be grateful to yourself. Be happy with the available resources and good things happen in your life. Accept and accomplish the goals while focusing and reach your targets. Knowledge helps to grow and perform effectively and efficiently. It makes us to reach to the next level and gives scope to elevate further to reach new heights with great zeal of enthusiasm in our journey. Happiness is God given gift. If we are happy we are healthy. Health is better than wealth. A satisfied person is better than a successful individual. Smile always. Be happy.

# Humanity and Awakening

**Crying, feeling, expressing, allowing, accepting,  
experiencing, learning, enjoying,**

*"Whether you pushed me or pulled me, drained me or fueled me, loved me or left me, hurt me or helped me, you were a part of my growth and I want to say Thank You." – Awakening Quotes*

Experiencing our views, feelings, emotions, mistakes, life lessons gives us an opportunity to realize, analyze, review, rectify, change to become normal and lead a routine life is part of the process. It is God given gift. We should clean ourselves as much as possible, as soon as possible, as well as possible, as close as possible makes us to be clean and green to grow together and live together. We are part of this world. Every one of us have our own intentions, feelings, opinions, concepts and way of life. Let us respect and proceed to move forward with great zeal of love and mutual trust gives more strength to reach our destination safely and securely well in time is the main object in our journey to fulfill our needs and requirements on daily basis is stressed here on this occasion. Forgiveness is great concept. It yields the fruitful results in real life. Almighty is the controller of everything. We are only part of His and Her creation. Divine justice is final and takes care of us with our effort and ability to learn and relearn then experience with our own activities on regular basis is the bear fact. It provides positive energy in the form of wisdom and attitude to make it happen in reality. Let us express, feel and heal.

# Path Way to Success

**Burning desire, willpower, courage, sacrifice, focus, determination, dedication, confidence, patience, struggle, and effort makes us to move forward.**

*"Ambition is the path to success. Persistence is the vehicle you arrive in." – Bill Bradley*

Make an attempt to save yourself. You are the key for everything in real life. You only can create, focus, struggle, learn, evaluate, enjoy and perform by upgrading and updating yourself with your own view of judgment. When you judge you will come to know the facts and figures which will help you to step out with better understanding to know the ground realities and plan accordingly to implement it more effectively and efficiently to fetch the fruitful results in reality. Willpower is ultimate and it helps to grow in right path with right people at the right place in right time for the right cause is the right way of approach. Success is a journey not the destination. Instant success will not stay longer and will not yield the fruitful results. As long as our intentions are good people will help us in our journey. Satisfaction plays a key role in this respect. A satisfied person is better than a successful individual. Do your best. Give your best. Hope for the best. Prepare for the worst. You are the performer. Your effort will not go waste. It has its own value. Consistent performance alone will yield the best results. Effective communication, planning and implementation with focus on our desired goals are the key for victory.

# Barricades, Obstacles, Hurdles for achievements

**Determination, dedication, sacrifice, discipline, desire, patience, willpower, positive mindset makes it happen the difficult times with our effort.**

*"Obstacles do not have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." – Michael Jordan*

Self-confidence, courage, determination, dedication, sacrifice and belief leads to have discipline and allow to plan well to implement things on regular basis makes us to accomplish our goals and achieve success by removing all kinds of roadblocks in reality. Mindset gives more clarity with positive attitude to visualize the things and understand better to know the ground realities based on the strength we have depending on skill set. Skill improvement gives scope to learn and relearn to evaluate and appreciate empowers to move further in our journey with one step forward makes it happen in real life. Burning desire with leadership quality makes us to do or die. Empty stomach will alone search for food. Need is the criteria. Desire makes us to do the things. Effort alone yields the fruitful results. Action has its own role. Consistent performance gives consistent results. Mindful exercise gives us mindful results. Results are ultimate. Recognition comes thru success. It speaks louder than us. It will reach faster than us. It makes us to feel more responsible and accountable in all aspects. Success is a journey not the destination. Instant results will not stay long. Patience is the key for success. Rome was not built in a day.

# Unconditional Love Gives Everything

**Love and kindness gives compassion, sympathy, empathy, freedom, gentleness, tolerance, humaneness, benevolence, with power of understanding and ability to prove our capacity.**

*"Love is an unconditional commitment to an imperfect person."*  
– Selwyn Hughes

Compassion, kindness, unconditional love makes to be more powerful and gives inspiration to empower us in all respects. It is ultimate and moves to grow towards spiritual path which allows us to lead happy and peaceful life. Human values are most essential and take good care. Loving ourselves is the first criteria. If we love ourselves we love our work. If we love our work it loves us in the form of success. Love alone gives us everything. Set your own example. Be a role model. Be as star performer. Performance alone yields the fruitful results. Forgiveness is great concept. Be practical. Be reliable.. Be sensible. Be alert, arise, awake, aware and move forward with great zeal of enthusiasm towards your journey and focus more on your desired goals is the right way of approach. As long as our intentions are good people will help and guide us in day to day life. Smile indicates and invites people to reach close to us and share our views with others for acquiring the desired results. Sharing is caring. Share your success with others. Togetherness gives more strength. Grow together and feel happy which gives more pleasure and satisfaction. Satisfaction is key for everything. A satisfied person is better than a successful individual.

# Know Your Value

**It helps to improve the work culture, work environment, networking, kindness, love and affection apart from human values.**

*“Value yourself and know your worth, you are as important as everyone on this earth. Every human being has a purpose, your life has value it is not worthless. You are beautiful and special – Be proud of who you are! Live your life to the fullest and reach for the stars.” – Harry Bridgeman*

Identifying and creating value is utmost important in our journey on daily basis with right people, at right place, in right time, for the right cause to acquire the right results is the right way of approach. Appreciation is key for everything. We should lead a value based life. We should not stay where there is no recognition, love and affection which deteriorates and falls down slowly to weaken further over a period of time. Evaluation and selection process is key in this respect. Psychological treatment is worth to study and understand one's mind and behavior helps us to prefer or not. Human values are precious like time, skills, work environment, compensation, treatment, recognition, appreciation, support and guidance makes us to stay and continue to live where we stay and create the values with likeminded people is stressed here. Smart network is net worth yields the fruitful results in reality. Trust your strength and potentiality makes everything happens in real life with your own ability to plan and perform effectively and efficiently. Never settle less and know your value and try to explore for better and the best. Time plays crucial role. Perception is key for everything. Patience tests our inner sense to create value.

# Change is Inevitable

**Transformation for good cause, positive mindset, determination, dedication, sacrifice, willful exercise, and burning desire makes us to create new ways.**

*"Change is inevitable. Growth is optional."* – John C. Maxwell

Change is must and mandatory. If we do not change the change will chase us. We should always think differently. Thought process is ultimate. An idea can change this world. It helps us to inspire, empower, enhance, evaluate to the next level in reality. It gives scope to learn and improve on regular basis. It keeps on moving like a train in our journey finally leads to success path. Success is a journey not the destination. Our success speaks louder than us. It spreads faster than us. It gives recognition. It creates responsibility and accountability. We are answerable for our own actions. Action plan is must. Vision gives action plan. Effective implementation gives the best results in real life. It creates the leadership qualities. A true leader should have a vision. The leader should live in the hearts of people. We are part of community. Community development is our main object. Togetherness gives more strength. Share your success with others. Sharing is caring. Love and kindness makes us to reach more people. Effective communication yields the fruitful results. As long as our intentions are good people will help us. Every day is a new opportunity to start our daily routine with fresh moods and move forward with great zeal of enthusiasm to face the challenges that occur in our journey to reach our destination safely and securely well in time is the right way of approach.



# Focus more on blessings with gratitude

**Appreciation, reputation, recognition, respect, awareness, accomplishments, flexibility with positive attitude makes us to be alert.**

*"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in." – Kristin Armstrong*

By appreciating, respecting, valuing, cherishing, prizing, esteeming others our respect, image, reputation will increase and it gives us an immense pleasure and satisfaction among the people in society as well. It indicates our positive attitude and good behavior on the part of community. As a result we gain in the form of more likeminded people to create friends on selective basis. It helps us to lead happy and peaceful life together and accomplish our goals as we expected. To say in one word it is like a win-win strategy. Flexibility helps us to create a way to success path in many aspects. It is in our hands to plan and design well to implement it to perform better and the best to fetch the fruitful results in reality. We are held responsible for our own actions in our journey. Caution is required to take care and put a step forward with great zeal of enthusiasm in order to fetch the best results in course of action. Alertness gives awareness. It helps us to evaluate, judge and appreciate for the good in others and learn from them through experience elevates us to the next level over a period of time. Time proves everything. It has its value. It makes us to realize, reflect, respond, recollect and review the situation in our study.

# Self-worth is an asset

**Strong willpower, determination, dedication, sacrifice, love alone makes to reach more people.**

*"You are wonderful, valuable, Worthwhile, and Lovable.  
Not because others think so. Self-worth comes from  
only one place: Self!" – Inspirational Words*

Be as you are and live accordingly not to influence by external forces for short cut methods and instant results which effects adversely to our conduct and character to influence and deteriorate us to deep down fall in real life. No doubt, we commit mistakes and misfires us in our day to-day activities and makes us to discourage or not get the results in our favor. It does not mean that we are wrong always. It is a stepping stone to think, analyze, evaluate and reconsider to review further and determine to dedicate, sacrifice, understand better to know the ground realities in real life. Thought process is ultimate. An idea can change this world to great extent. God has given us brain to think and learn through experience. our life is our experience and our best teacher. We only can learn from our own mistakes and observing others in many ways during the course of action. Self-study is the bible which helps us to enhance and appreciate where required. Appreciate and motivate yourself. Self-motivation is the best way of approach. Attitude is key for everything. Our attitude is our strength. Self-worth is self-strength. Be strong and stable. Create your own path to follow by others in your path for good cause. You are the creator.

# Animation and Digital Technology

**Artificial intelligence, photographs, paintings, film making.**

*Digital technology has several features that can make it much easier for teachers to pay special attention to all their students.” – Bill*

Gates

Sheldon and Emerson Chong are the young achievers in the field of animation and digital technology with multi skills acquired during dangerous pandemic from Malaysia. They were converted the challenge age an opportunity and focused more to determine and dedicate their time and skills towards their goals and proved to set as an example to the young minds in this world. Animation is a film making technique by which still images are manipulated to create moving images. Images drawn or painted on celluloid sheets to be photographed and exhibited on film. Digital technology helps to move the picture in motion mode. Actively creating and posting their content in you tube channel is a welcome sign and made the world to know more and aware the system is an eye opener to many of us. Coding technology, artificial intelligence, automation, makes an impact in our journey. We should encourage young minds by conducting seminars, workshops, symposiums, group discussions, training by experts to our kids in respective fields stressed here on this occasion. Parents play a key role in this respect. We should guide and support by providing facilities to aware and encourage them to learn through various means depend on their interest is focused.

# Data is Handsome

**Digital technology, artificial intelligence, power point presentation, excel sheet, word press.**

*“Most of the world will make decisions by either guessing or using their gut. They will be either lucky or wrong.” – Suhail Doshi*

Data is eye witness and key for everything. If we want to study, analyze, understand and comment we should have data in comprehensive way. Then only we can speak or write something on any object or subject is stressed here on this occasion. Pictures, tables, numerical figures and statements will give some clarity to explain in an understandable manner. Digital technology helps to great extent in this respect. One should have thorough knowledge and have command on the subject. It is possible only thru learning and performing on regular basis. Then only we can gain knowledge and get the experience in respective fields. Power point and excel sheet presentation makes an impact and gives wider scope to learn and understand better about a particular point or thing is the game changer in present era. Artificial intelligence helps us with accurate information saves time and energy. It is reliable and responsible to quote the facts and figures in real world. Most of us will accept the information to follow and update ourselves to upgrade to the next level and enhance us to reach the conclusion for decision making. Decision making is crucial. We should follow the reliable source to determine, dedicate, sacrifice and accomplish the results.

# **Your life is your experience**

**Soft skills, training, awareness, knowledge, understanding makes us to perform effectively and efficiently.**

*"Talk to yourself at least once in a day otherwise you may miss meeting an excellent person in this world." – Swami Vivekananda*

Doctrine of principle and practices to implement in our activities makes an impact and creates desire, discipline, willpower, determination, dedication, and sacrifice to move forward with great zeal of enthusiasm to reach the goals in our career elevates and enhances us to the next level in reality. Effective communication makes to reach more like minded people to express our views and share with them to join more hands with love and affection keeps us to travel together to grow in this journey. Skill development helps in learning, planning, implementing and performing gives confidence and courage to proceed further. Knowledge is key for everything. It gives more power to perform better and the best. It helps to face the challenges that occur in our journey. Training is a continuous process irrespective of gender, qualification, position and size of the organization is kept in mind. Ability and experience are like two rails to travel smoothly and safely to reach our destination well in time is the right way of approach. It keeps us to fit with multi skills on daily basis gives us boost to grow better and the best in real life. Let us rededicate, realize, rectify, evaluate and appreciate on regular basis to fit ourselves in our journey.

# Dreams and Desires

**Dream high as big as possible, accomplish more, goal setting is mandatory, peak performance, effective planning and implementation.**

*"Hopes, dreams and aspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms, if you only let them." -- William James*

*"You have to dream before your dreams can come true." -- A. P. J. Abdul Kalam.*

*"Don't give up on your dreams, or your dreams will give up on you." -- John Wooden.*

*"Never be ashamed! There's some who will hold it against you, but they are not worth bothering with." -- J. K. Rowling.*

*"Remember to celebrate milestones as you prepare for the road ahead." -- Nelson Mandela.*

*"Give time for what you know you must do and you will have what you desire the most." — Raynor Winn,*

Dreams and aspirations are part of the process. The effort should be bigger than our dream. Then only things will happen in reality. Be realistic! Be practical! Be genuine! Practice makes us perfect. Real game gives real results. Consistency gives ability to perform better and the best. Try to give more and expect less. Satisfaction plays key role in real life. A satisfied person is better than a successful person. It gives good health. Health is better than wealth. Results are ultimate in this world. Your effort is your valuable asset. You are the key for everything. You only

can do better and get the results as desired. Self-motivation, evaluation, appreciation gives more strength to move forward with great zeal of enthusiasm in order to fetch the fruitful results in real life. Together gives more strength. Play together and achieve then share your success with others. Success is a journey not the destination. Your success is not yours alone. It is a combination of so many things. Realize! Pray the Almighty and show your gratitude towards people around you. We are not alone! We are part of the society. We mingle and move with people in this world. There are so many unknown sources are there behind our success. Believe! Belief gives everything. Be proud of yourself. Be proud as a good human being. Be a true leader. A leader will take care of people at large and live in their hearts forever. The leader should be innovative and dynamic to achieve the goals and share the success with people and educate them. Education and awareness awakes us to realize, determine, dedicate and rededicate to sacrifice and focus more on our desired goals to achieve in our journey. Youth play a key role in this respect. Guiding young minds gives ability to perform better.

# Inspiration Empower people

**Inspire yourself, empower yourself, activate yourself, achieve yourself, share and care people, enjoy yourself.**

*“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.” – Oprah Winfrey*

Dreams are unlimited like wants. If we fulfill one dream another will occupy its place immediately after completing and it is like a never ending process. As human beings we should dream big and achieve big. If we want to achieve something we should put our effort and perform better and the best. Desire is the root cause to create a dream. Burning desire helps to learn and relearn to reach peak. It has no limit! As an elite performer we should go on doing our duties and fulfill our responsibilities as human being. Doing is our part. Rest is not in our hands. Do not expect results. Believe and proceed further. Go on doing. We are travelers in this journey. Never stop in the middle till you reach your goal. Goal setting is ultimate. Life is like a journey. We have to reach our destination. We came here to dream and fulfill our needs with our effort to give our best and hope for the best to happen in reality. Help ever hurt never is the best policy. That is the purpose of life. Everything is predetermined. Believe! Belief gives everything. You are the dreamer, planner, performer, achiever, follower, creator and enjoyer. Almighty is the decider. Pray and show your gratitude towards God and the people who live with you in this world. That itself gives blessings and fulfill your needs to dream big. That is all!



# **An Affirmation of Basic Human Values**

**Thought process, positive mindset, relationships,  
environment will elevate us to the next level.**

*"Try not to become a man of success, but rather try to become a man of value." – Albert Einstein*

Thought process is route cause for everything. Once we create an idea in our mind turns as reality while implementing in real life. Words are more powerful. We should be careful while delivering the words during our speech or writing something makes an impact on the part of others. Self-talk, inner feelings, emotions, mindset and environment makes an individual to become a full pledged personality to play a key role in this world. Life experience is our own experience with the people to whom we move, associate, deal, live and love makes an impact on the part of our society. That is why we should select carefully the words we speak out and write or people we select to live together be ultimate and gives the results accordingly. "YAD BHAVAM THAD BHAVATHI" is "ARYOKTI". That means As We Think We Do! As We Do Results Will Come Like That? As per Indian Philosophy "Thadhasthu Devathalu" bless us accordingly. So, it is always better to think in positive way with right people at right time in right place with right cause to fetch the right results is the right way of approach. Belief process makes us to achieve everything in reality with better understanding to know the ground realities in real life. Let us workout and follow if agreed.

# The Laws of Life

**Belief, feelings, thought process, habits, values, actions, destiny, doubts, fears, courage, confidence, potentiality.**

*"Change is the law of life. And those who look only to the past or present are certain to miss the future." - John F. Kennedy*

*"The law of life is to leave behind the ground one is standing on and then step forward." - Rama Swami*

*"All love is expansion, all selfishness is contraction. Love is therefore the only law of life. He who loves lives, he who is selfish is dying. Therefore love for love's sake, because it is the only law of life, just as you breathe to live." - Swami Vivekananda*

*"He who would live must fight. He who doesn't wish to fight in this world, where permanent struggle is the law of life, has not the right to exist." - Adolf Hitler*

*"Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position." - Mahatma Gandhi*

*"When nonviolence is accepted as the law of life, it must pervade the whole being and not be applied to isolated acts." - Mahatma Gandhi*

The laws of life are the law of belief which leads us towards success path. If we believe it becomes reality. Belief gives confidence, courage, determination, dedication, sacrifice and purpose. Thought process is ultimate. Action alone yields fruitful results. Strategy, innovation, vision leads us to plan well and perform better while implementing the things in desired manner makes it happen in reality. Success path makes us to feel

more responsible and accountable in our activities and helps us to learn on regular basis to update our knowledge based on the information available keeps us to fit and perform better in given situation with available resources is kept in mind and follow accordingly.

The law of negotiation and flexibility keeps us to aware and awake depending on the circumstances prevailed will allow us to know the ground realities to understand better and the best. Time management is key for everything coupled with discipline helps us to do the things in an innovative and dynamic way. We should have burning desire to move forward with great confidence and courage to sacrifice and set the goals with proper planning to perform makes us to be alert in our activities. Our effort is our valuable asset. Our asset is our valuable effort. Doubts and fears are like speed breakers which makes us to slow down the process. It helps us to study more and understand better to fetch the best results in real life.

Destiny is our aim to reach safely and securely we should follow the principles designed by our predecessor's works out like guidelines make our journey easy. Know your potentiality and plan accordingly. Know your strength and move forward further to get the best with team spirit. Teamwork is ultimate. Share your success with others. Sharing is caring which gives immense pleasure and satisfaction.

# Determination is key for success

**Vision, strategic planning, effective execution, willpower, decision making, kindness, flexibility, comprehension makes happen in real life.**

*"Success does not come with ability it comes with determination."*  
— Apoorve Dubay

*"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."* - Thomas Edison

*"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." — Barack Obama*

*"Once you make a decision, the universe conspires to make it happen."*  
— Ralph Waldo Emerson

*"He that can have patience can have what he will."— Benjamin Franklin*

*"Problems are only opportunities in work clothes." — Henry J. Kaiser*

Persistence, resolution, patience, determination, dedication, sacrifice, tenacity, application, sincere effort and consistent performance allow us to reach peak in real life. During the course of action obstacles, hurdles, challenges, setbacks are must to face and achieve them in reality. Motivation drives us towards growth and development. Self-evaluation, self-understanding, self-learning, self-appreciation, self-confidence,

courage and self-motivation are key to play a vital role to get the success in our activities. Performance is the base for everything coupled with skill development helps us to grow in healthy way. Willpower leads us to move forward with one step to reach miles and miles towards our journey and makes it happen in reality. Where there is will there is a way. Burning desire helps to make an attempt and proves with an innovative and dynamic approach in disciplined manner yields the fruitful results. It leads us towards success path. Success is a journey not the destination. It feels us more responsible and accountable. It creates leadership qualities. A leader is a reader who can read the faces of many and try to help them where required. The true leader can understand better the needs of people and try to fulfill their requirements. Then only lives in their hearts forever. At the same time the leader makes more leaders.

Youth play a key role in this respect. They should involve actively engage and perform regularly. It is like a cycle to replace with new blood to strengthen the teams with great skills help the nation at large to prove us as useful citizens in this universe. Utilizing the services available with limited resources makes an impact on the part of leader to prove as dynamic and powerful to set an example to others. Leadership is a skill to acquire and dedicate where required. Dedication and sacrifice is part of the leadership quality. Let us grow together. Teamwork plays key role. Togetherness gives more strength.

# Dare to Dream - Achieve Big

**Accept challenges, face and achieve, perform better, play your role, hope for the best, believe! It gives confidence, courage and makes us to plan well and perform better and the best. Success is a journey.**

*"The future belongs to those who believe in the beauty of their dreams."* – Eleanor Roosevelt

Challenges are part of the process. We have to face and execute them effectively and efficiently with mindfulness. Thought process is ultimate. An idea will make us to inspire and empower us to enhance and elevate to the next level in reality. Throughout the day we normally do series of activities on regular basis gives some results in our tasks what we do should celebrate with our friends and family members makes an impact and motivates us and others as well. It grows like a plant over a period of time and grows like a banyan tree and gives shade to the people by creating a path to follow by others is stressed here on this occasion. A small guidance and support motivates an individual to put an extra effort through learning keeps peak in reality. Willpower has its own value. It adds strength to move forward with great zeal of enthusiasm to reach our destination safely and securely well in time in our journey. Team spirit plays key role which gives ability to plan and perform better and the best. Sharing is caring. Share your success with others. Success is a journey not the destination. Celebrate every small occasion with likeminded people keeps us joy and pleasure. Let us invite our chief guest Des (DG) Hague to get more inputs.

# Life is not same for everyone

**Skillset, Qualification, Good Health, Experience,  
Adaptability, Comprehension, Trust, Age.**

*“Not everyone is meant to stay in your life forever.  
Sometimes they are only there long enough to teach you the  
lessons that you needed to learn.” – Live Life Happy.*

*Everyone has a different life story. Things happen rapidly for  
someone, and things move slowly for others. – Barun Sobti*

*The greatest glory in living lies not in never falling, but in rising  
every time we fall. –Nelson Mandela*

*The way to get started is to quit talking and begin doing. –Walt  
Disney*

*Your time is limited, so don't waste it living someone else's life.  
Don't be trapped by dogma – which is living with the results of other  
people's thinking. –Steve Jobs*

*The future belongs to those who believe in the beauty of their dreams.  
–Eleanor Roosevelt*

*If you look at what you have in life, you'll always have more. If you  
look at what you don't have in life, you'll never have enough. –Oprah  
Winfrey*

It differs from person to person depending on so many factors involved in terms of gender, age, qualification, skillset, type of living, health conditions, application, and perception and so on. It mainly depends on our perception to perform better with the available resources in a given time depending on the situation

prevailed makes huge difference and create joy and happiness in our profession where we involve and evolve is a key factor to continue and proceed further. Each one has their own experience and they are the best teachers in their fields and know the real truth in reality. All of us will learn some lessons in this school during the course of study makes us to feel more responsible and accountable in due course is a bear fact. Understanding is the key to learn and improve in various ways through our experience makes us to feel and perform better and the best when days pass on. Recognition makes us to feel joy with winning attitude gives an immense pleasure and satisfaction. Ability to see the things in right perception depends on the environment where we stay and work among the people is the key factor. Nature plays an active role to value the adaptability and flexibility by adjusting in given circumstances with available resources shows an impact on us. Know the facts and figures by recognizing the blessings and privileges to express your gratitude towards everything is crucial in real life. We should realize and recognize that life is uncertain irrespective of the place where we stay.

Accept the people and challenges that occur are part of the process in day to day life. A sense of positive attitude makes an impact on the part the world to help us in this respect. Each event or occasion teaches some lesson or the other is fact and we should accept it. Remember that every lesson is a stepping stone to grow better and the best in your journey. World is same wherever you go. You only have to change and transform yourself to apply your brain with critical thinking.



# What makes a good leader?

**Availability, reliability, trustworthiness, listening, patience, team spirit, mingling with people, kind heart is some basic qualities a leader should have.**

*“A sign of a good leader is not how many followers you have, but how many leaders you create.” – Mahatma Gandhi*

Event management is part of leadership quality. Depending on the situation prevailed in given circumstances with the available resources one has to manage and satisfy the people. Application of brain and careful listening makes others to like and follow the leadership wholeheartedly. Decision making is crucial and one has to take tough decisions for the sake of team members to grow healthy and peacefully. Innovative thinking with dynamic approach helps to exhibit the skills where required. Learning is a continuous process to update and upgrade in present trends to reach new heights elevates and enhances the leadership management. Collective effort and timely action gives fruitful results in reality. Flexibility allows for negotiations to understand better to know the ground realities. Focusing more on long term growth makes the leadership to sustain in long run. Trustworthiness keeps the leader to stay in the hearts of team members. Horizontal growth gives long term benefits. Sharing is caring. To share success with team members creates more confidence on the part of leadership. Leadership and team members work together to fetch the fruitful results for the sake of organization. The leader should act as guiding factor and trusty.

# Health Services

**Extremely useful, extremely helpful, essential services, noble profession, crucial and indispensable, irreplaceable and worth mentioned like food, shelter, clothing, and education.**

*"He, who has health, has hope, and he who has hope, has everything."*  
- Home Health Nursing

Caring, connecting, growing together is highly appreciated. Health sector play a key role in our society. Health services are noble and invaluable. Serving to the needy as health worker irrespective of the role they play is crucial and critical. We cannot measure with monetary benefits. They come under essential services. A lot of efforts, ability, and dedication, sacrifice and service motto are required to prefer this profession. Serving people is serving God. It is a God given gift. We should not have loose talk or less prioritize and under estimate their services and realize the difficulty with inconvenience they feel in crucial period as human beings we should understand with great heart and appreciate them for offering their services. A small support and encouragement gives extra energy and mileage in this respect. Creating facilities are not an easy task when we hospitalized in terms of manpower, equipment, environment, medicines, transportation like ambulance to shift from one place to the other will organize through an effective administration is a tough exercise. We have to understand with right spirit. No doubt, now days it has become costly like education and health. Time is crucial. We also have to adopt accordingly.

# A stitch in time saves nine

**Planning, implementation, performance, timely action yields fruitful results.**

*"I don't regret the things I have done. I just regret the things I didn't do when I had the chance." – Global – Tec Group*

Hopes and aspirations will give smile. Smiling is first step to move forward with great zeal of enthusiasm in order to fetch the fruitful results in our journey to reach our destination safely and securely well in time is the right way of approach. It gives confidence and courage to determine and dedicate to plan well and perform better and the best through implementation makes it happen in real life. That is the power of will. Willpower is ultimate. An idea creates effort and ability to grow better and the best. Belief gives everything. It makes us to learn and improve knowledge to express our views with others. It gives an opportunity to share and care to grow together is the best way of living. A stitch in time saves nine. Rome was not built in a day. All the glitters are not gold. We have to struggle and get the results. There is no short cut method for success. Success is a journey not the destination. We have to create the success path to follow by others. Set an example to others. Be a role model. Be a trend setter. Be as performer. Consistent performance alone yields the best results. Results are ultimate. Our success will speak louder than us. It spreads faster than us. It increases our responsibility. It gives pleasure.

# Message for the soul

**Inspiration, motivation, support, guidance, encouragement  
works like a tonic.**

*"The soul always knows what to do to heal itself. The challenge is to  
silence the mind." – Caroline Moss*

A coach, guide, mentor, trainer, demonstrator, lecturer will fall under the flag of leadership to guide, inspire, motivate and empower the society at large is a key in this respect. Youth play a key role in this connection. Guiding young minds is a crucial exercise. Right from childhood we have to play our role as parents to encourage our kids to grow in right shape makes them to grow as useful citizens of this universe. Everything starts from home, neighborhood, school environment, friends circle, classroom makes an impact on the part of child to understand better and know the ground realities on each and every aspect. It helps to spread in society over a period of time by that time he/she grows and contributes his/her best to create a path to achieve the goals set by them. As a result they plan well and implement to perform better to fetch the fruitful results in course of action makes them as leaders and think with an innovative and dynamic manner to move forward with great zeal of enthusiasm in this journey. It also helps to work together and create a team spirit which gives more strength and ability to perform better and the best. Such people can mark as leaders, trend setters, role models, star performers and so on. Let us do.

# Self-Introspection

**Self-evaluation, thoughts, feelings, behavior, experience, reflections, explorations, investigations, mindfulness makes us to lead better life.**

*“When you think everything is someone else’s fault, you will suffer a lot, when you realize that everything springs only from yourself, you will learn both peace and joy.” – Dalai Lama*

Self-introspection is nothing but self-evaluation our own feelings, behavior, experience, reflections, explorations, investigations and results we get with mindful exercise gives an idea to analyze and examine where we are in the form of chart with clear cut instructions to follow and perform with great respect will help us in reality. It makes us to correct ourselves where required and update to upgrade with learning skills makes to elevate and enhance us to the next level in real life. It gives clarity to understand better to know the ground realities than our expectations with abundant results makes us to realize, respect, understand, respond, encourage to act upon with immediate effect.

Warning bell is a symbol to caution us with alert, aware, awake, arise, allow to think with positive attitude to face the challenges that occur on daily basis makes an impact on our day to day activities are eye witness to accept and take necessary measures to proceed further is stressed here on this occasion. Frequent reviews will help us to great extent. Internal audit is key in this respect. Let us review and rectify where required keeps us in safe zone to move forward with one step to reach miles and miles in our journey. Life is like a journey to move and plan well to implement and perform our best in given time with available resources is the best way of approach. Work is Worship. Duty is Divine. Do your duty. Give your best. Hope for the best. You will get the best. Believe! Belief gives everything.

# Climate change is real

**Environment, nature, universe, weather, atmosphere, climate, meteorology, temperature, humidity effects our living conditions.**

*"The violence that exists in the human heart is also manifest in the symptoms of illness that we see in the earth, the water, the air and in living things."*

– Pope Francis on climate change – World Economic Forum

Environment protection is our prime object to save this universe for the sake of future generations. We came here to live and enjoy the nature. We are here to protect it and grow together in natural way. God has given us an opportunity to live and let live. The earth, sky, sun, moon, stars, day and night, mountains, seas, rivers, air, water, fire and so on are God given gift to us. We have to utilize and enjoy them in a natural way to lead our life smoothly and safely to survive in this world. Nature is not ours to do as we like. We are not owners of this Mother Nature. We have no right to do trading or spoiling the nature with unwanted things. Let us realize, recollect, respond, respect, and react as matured and responsible citizens of this great mother land. Our stay here is very limited. Our contribution should be most valuable and recognizable to the future generations based on the actions we exhibit creates a wonderful path to this world. Cleanliness is close to Godliness. Clean yourself first, and then start from your home, neighborhood, location where you stay and your society makes an impact on the part of others to a large extent. We should bear in mind that we have to set an example to others as a trendsetter, role model, peak performer and stood first to bring some change and transformation in reality. Then only things will happen.

# Kindness is our Religion

**Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver. The Lord is righteous in all his ways and kind in all his works.**

*“Kindness has no religion. Religions are like narrow tracks but kindness is like an open sky.” – Amit Ray*

Love and kindness have no color, caste, religion nor differences between people and unite them as one family throughout this universe. No one can change this world. We have to change ourselves and transform thru kindness makes an impact and create an environment to love each other to grow together to get more strength and perform better and the best to fetch the fruitful results with positive attitude makes some sense and gives meaning to lead our life with joy and pleasure is the best way of approach. Imagination is key for everything with human values for transformation to the next level with higher consciousness gives peace of mind to inspire and empower us to reach peak in our spiritual journey. Sharing is caring. Always share the resources with others like your time, knowledge what not everything. Necessity is the mother of invention. Now it is the high time to think in this respect. Always follow the golden rule if it is not good for you, it is not good even for others. Unconditional love gives us an immense pleasure and satisfaction. Rolling stone gathers no moss. Be like a ball to play and be like role model or trendsetter to create an example to others and create a path to move forward in our journey to reach our goals.

# God is the best listener

**Prayers, expressions, impressions, desires, needs rule the life.**

*“God is the best listener you don’t need to shout, nor cry out loud,  
because He hears even the very silent prayer of a sincere heart.”*

- Amen - Share to bless

Sincerity, honesty, integrity, genuineness, truthfulness, trustworthiness makes us to live peacefully with God’s grace in this world. Pray the Almighty in the form of gratitude immediately after getting up from your bed to rise up and dress up to do your activities yields abundant results. Belief makes everything. It gives confidence and courage to determine and dedicate to focus more on our desired goals. One step forward makes us to move miles and miles towards our journey to reach in time safely and securely well in time is the right way of approach. Silence is gold. Do your duty. Duty is Divine. Work is Worship. Do your best. Give your best. Hope for the best. You will get the best. Rest will automatically take care. Your effort is your valuable asset. Results will speak louder than you. You need not cry for everything. Success speaks louder than you. Focus more on your goals. Goal setting is must. Set a goal to achieve it. Performance alone yields the best results. You will get strength with your prayers. You are the key for everything. Thought process is ultimate. An idea can change this world. Positive attitude gives positive results. Be simple and humble. Do more expect less? You are deserved for your effort, God gives.



# **The Employer and Employee Relations**

**Better understanding, skill development, flexibility, work culture, growing together, and winning mindset, positive attitude creates win-win strategy.**

*“Take care of your employees and they will take care of your business.” – Richard Branson*

Outstanding performance is the benchmark for identifying to recognize and appreciate with reward to measure and motivate an individual is key exercise in an organization. It creates others to join as team and work to learn more and more through various means makes an impact on the part of organization to grow better and the best in long run. Human resources are valuable and present their skills to grow step by step by creating team spirit in the minds of employees gives more pleasure and satisfaction. A satisfied person is better than a successful individual. Discipline is the root cause of everything. Conduct and character ability to perform with skills makes an individual to reach peak in reality. Where there is will there is a way. Willful exercise gives willful results. Mindful exercise gives mindful results. It is like a give and take policy. Win-win strategy gives positive results. Work environment gives more satisfaction on the part of workmen. Work culture is key for everything. Work alone yields the fruitful results. Work place is like a temple. Work is Worship. Duty is Divine. Do your duty. Give your best. Hope for the best. You will get the best. Believe! Belief gives lot of energy with efficiency. It makes us to learn.

# Forgiveness is More Powerful

**Forgive and Forget, Positive Attitude, Wisdom is God Given Gift, Life is a Journey, Life is Valuable, Love Yourself.**

*"Once a woman has forgiven her man, she must not rehearse his sins for breakfast." – Marlene Dietrich, Actress*

Help ever hurt never is the best policy. Patience is key for everything. Every day is a new opportunity. Start the day with prayer makes an impact on the part of individual and others as well. Mother Nature is a God given gift. Spend some time with nature which gives us energy and strength. It makes you fresh and fair to breathe in woods with sunrays brightens your eyes with the help of natural lighting. It has its own power and value. It makes us strong and stable to move forward with great deal of respect. Abundant results will come throughout the day gives us an immense pleasure and satisfaction. Satisfaction is key for everything. A satisfied person is better than a successful individual. It gives good health. Health is better than wealth. Our health is our valuable asset. It makes us to work effectively and efficiently to put a step forward to reach our destination in our journey safely and securely well in time is the right way of approach. Be simple and humble. Honesty and integrity gives power to establish our own career with great ability to prove as an outstanding performer. Your effort and performance alone can yield the best results in reality. Learning is life long process. Learn on regular basis to update and upgrade.

# **You are Awesome! Believe Yourself!**

**You are Key person, you only can do, and you are the best, Blissful.**

*"Dare to dream, for you are wiser than you think. Dare to do, for you are more capable than you believe. Discover the delights of things you have yet to discover." – Unknown*

You are awesome! Self-image, self-esteem, self-worth is defined by our own individuality, strength, willpower, determination, dedication, love, sacrifice, goodness, faith and confidence. Never depend on others to recognize your worth, skills, ability and performance. Establish yourself to grow as better and the best. Love yourself and live yourself to help others. Self-esteem is directly linked yourself how you look, think, enjoy, inspire, empower and enhance is in your hands not others. No one can influence or direct your actions, plans, delegations, path or priority. You are key for yourself. You only can do with your imagination. Vision alone makes us to plan and implement it in an innovative and dynamic manner effectively and efficiently to proceed and move forward with great zeal of courage and confidence makes us to achieve our own goals in reality. You only can understand and realize, reflect, review, rearrange, rectify and resolve to face the challenges that occur on daily basis as an event manager. Event management is a tough task which happens unexpectedly force us to determine and dedicate to sacrifice and makes us to face the situation depending on the circumstances prevailed and sources available is a key factor.

# Job Characteristics Model

**Task Identity, Task Significance, Skill Variety, Autonomy, Feedback.**

*“Far and away the best prize that life offers is the chance to work hard and smart at work worth doing.” – Theodore Roosevelt*

Job satisfaction is most important and essential for any individual who works in an organization makes an impact on career growth and development. Feedback is one area where we get firsthand information about the work done or presented skills on various platforms and products shared gives an immense pleasure and satisfaction if we get the positive feedback. Task significance is another area where it pays an attention and gives importance and weightage for the job done in remarkable manner makes an impression on the part of contributor. Skill variety is the area where we apply in different way than usual way of doing gives more satisfaction on the part of an employee who feels joy. Task identification is crucial and occupies great role to feel ownership of the work done makes more responsible and accountable to pledge and claim accordingly. Autonomy is ultimate and feeling freedom to make the choices to create a path with innovative and dynamic approach to make the choices is the main criteria as performer and contributor who plays the main role is stressed here on this occasion. Employee engagement, experience, skills, contributions, creations, coordination, team spirit, commitment, determination, dedication and sacrifice works out.

# How to create Brand Image

**You must create yourself, you are the trendsetter.**

*"Your brand is the single most important investment you can make in your business." – Steve Forbes*

To create a brand as an individual it is better to maintain the values and create an image with positive attitude makes an impact and inspire to empower, elevate, evaluate, and appreciate to make a difference is the first criteria. Creation is an art. It contains multiple aspects to find the difference when compared to others. Discipline gives beauty and ability to perform with the skills acquired makes an impact and creates a wonderful personality to grow as an individual and create brand image to set an example to others as trend setter and role model. Reliability, responsibility, accountability with sharing attitude makes us to reach peak in real life. Mingling with people gives more clarity.

Love and kindness are key to accomplish our goals. Our effort is our valuable asset. Consistent effort gives consistent results. You are the key for everything in this respect. You only can create your own image as brand ambassador. Effective planning with communication skills will help to implement things in right time at right place with right people is the right cause and right way of approach. Credibility stands in long run and creates an image as brand ambassador. It needs lot of effort, ability to sustain and get the goodwill in long run.

# Life gives possibilities and opportunities

**Every day is a new opportunity, Think fresh and do it.**

*"Life is about opportunities we do not get to the end of our life and regret the times we said yes. We get to the end of our life and regret the times we said no. See the opportunities and remember that as you say yes to life, life says yes to you."*

– Uplifting Words

Life has no warranty or guarantee. It only provides opportunities and possibilities if we make an attempt with sincere effort we may or may not get the results as we expect and determine in reality. It is fact one has to understand and do our best, give our best, hope for the best to get the best in reality. Be happy with available resources in a given time and do it to create your own path to follow by others makes an impact to get some satisfaction. Satisfaction plays a key role in our daily life. A satisfied person is better than a successful individual. Honesty and integrity are like two pillars coupled with confidence and courage makes the building strong to stay longer with peace of mind gives us good health. Health is better than wealth. A healthy person can contribute more and more with the effort and ability gives more strength to create a team spirit. Togetherness gives more strength. We as group can create wonders by applying technology and learn from each other while working makes us to understand better to know the ground realities are the fact. Let us rededicate, communicate, and concentrate to grow as a team than as an individual. Realize, respond, accept, evaluate, appreciate and implement it in practice with respect.

# **Tough times make you stronger**

**Do not give up, never stop in the middle, focus more on your goals, set a goal and achieve it, be an achiever.**

*"Always remember you are braver than you believe, stronger than you seem, and smarter than you think." – A.A. Milne*

Tough and difficult situations makes us to be alert, awake, realize, analyze, evaluate, study and accept the challenges that occur in our activities on daily basis helps us to learn and improve to create more innovative with dynamic approach gives more strength to plan well and perform better and the best to fetch the fruitful results in reality. Failure is a stepping stone to put one step forward to move miles and miles towards our goals in our journey to reach our destination with great respect to know the facts and understand better the ground realities and plan well to implement and perform better with learning skills makes us to elevate and evolve to the next level in real life. All the glitters are not gold. Rome was not built in a day. Patience is key for everything. Effort alone yields the best results. Facing challenges are part of the process. Obstacles and hurdles will make us strong and stable to live long in our journey. Nothing is impossible. Self-motivation is key for success. It gives confidence and courage to determine and dedicate to sacrifice with learning attitude by upgrading our skills makes us to grow in right shape at right place in right time with right people for right cause is the right way of approach.

# Dream with extraordinary thoughts

**Dream big achieve big, Stability, ability, strong willpower.**

*"If you do not build your dreams someone will hire you to help build theirs." – Tony Gaskins*

Dreams and aspirations are part of the process. Desire makes us to think consistently in our mind turns as a dream and feel more to acquire and enjoy in reality. As human beings we should dream and perform to fetch the fruitful results in real life. Mere dream will not fetch much. Our effort should be bigger than our dream. Then only things will materialize and prove as successful individual. Dream creates an idea to think better and travel with us wherever we go even in sleep. The day dreamer is a potential individual who can memorize and go on doing things based on the dream creates more strength and ability to perform better and the best in reality. It leads to set a goal and try to achieve it. Goal setting is must as a dreamer and performer. Dream is part of burning desire. It makes us to learn more and more through various means based on the plans we design to implement it in an effective and efficient manner makes it happen in due course. Our thought process leads us towards actions and it turns to implement to get the results makes us to dream and perform in desired manner makes it happen in reality. As a matter of fact, consistency is key for achievement. Consistent effort gives consistent results. Results are ultimate.



# Strategic Planning

**Developing a defined strategy, efficient planning operations, internal performance, employee's contribution, management systems, organization goals will help to grow better and the best.**

*"Strategic planning is worthless – Unless there is first a strategic vision." – John Nesbit*

Application of brain gives more clarity. It gives the best results in real life. Smart work leads to apply our brain for good cause. It saves our time and energy. It makes us to be alert, aware, awake, arise and allow to be smart and active in all respects at all times on all occasions is key in this respect. Allocation and dedication of our time is a key exercise between smart and hard work. Science and technology helps larger to great extent in this connection. Advanced technology plays a key role to get the things done smarter than harder. Hard work needs more time and manpower. Human resources are essential and vital to complete our tasks in day to day life. Focusing more on the process is key than the task makes us to determine and dedicate to sacrifice and perform better and the best in real terms. Time management helps to prioritize and delegating things in desired manner will improve the quality in phased manner to get the best results is key exercise. Own your voice shine your light makes you to raise like a star in the sky brightens us in many aspects. Doing differently than routine indicates for smart work which gives the results differently. Strategic approach gives strategic ideas with judicious and prudent results.

# Visualize your Manifestations

**Demonstration, exhibition, presentation, illustration, declaration, expression, exposition, reflection gives clarity.**

*"Manifest what you want into existence by opening up to the universe. Let it be known." – Manifestation Quotes*

The unpleasant and troublesome situation brings us to make worry, panic and grave which leads to deteriorate further damage our progress in day to day activities kept in mind in this connection. Stop worrying start thinking is the best way of approach. It is easy to say difficult to follow in many times. In my personal opinion it is better to feel and try to come out slowly from that situation and keep yourself to understand better with your experience and sufficient guidance from others makes an impact and create a way to move forward with more responsibility to complete our tasks assigned on hand is crucial. In many times most of the jobs we do will complete on time based on the effort we put and perform better in planned manner gives more satisfaction. Sometimes even if we put our sincere effort things will not move forward then it is better to give some gap and get relax to get some relief is the right way of approach. It makes us to feel better to think and start it. Give a break when you feel difficult to move forward and relax yourself with your friends or family members makes an impact and gives more strength to feel joy and happiness. When we share our ideas with others it helps us to get some information from others which gives more exposure and reflect us to create wonders.

# Faith is the Light

**Day and night, the sunrays, the moonlight, the sky is high.**

*"Faith is not a light that scatters all our darkness but a lamp that guides our steps in the night." – Pope Francis*

The world is wide to give us signs in the form of message on regular basis to bring some kind of change to inspire and motivate will help us to learn on daily basis in reality. The Mother Nature is more powerful than us and it controls at every stage to realize, analyze, observe, recoup, evaluate and appreciate with our own experience makes an impact on us and others as well. Our life is our own experience. You are the best teacher for yourself. Your faith is the light to guide you through darkness. It is our faith to rise the sun early in the morning and sun sets in the evening. Day and night are like twins to run the world and make us to live in this world with our efforts to lead the life in a peaceful manner makes some sense and gives fruitful results. We have to live in this universe as human beings through productivity and consume the products made by us is part of the process. Work alone yields the positive results. Work is Worship. Duty is Divine. Do your duty. Rest will automatically take care. You are the performer. You are the trendsetter. Winning mindset gives winning results. Change yourself. Change is must. If we do not change the change will chase us. Nothing is permanent in this world. It changes minute by minute.

# Cultural Intelligence

**Interact effectively, Individual interactions, Behavioral and motivational aspects, Common purpose, Diversification.**

*"To overcome our biological limitations as individuals, we have co-evolved collective systems and capacities – cultural, social, economic, political, scientific, media, educational, public relations, etc. But the flaw in all that is that we have designed them primarily for comfort, profit, power, control, and entertainment rather than for collective intelligence, sanity, and wisdom." – Tom Atlee*

Let us just think and digest ourselves to understand better if today is our last day in this universe realize, recollect, react, respond, respect, analyze, evaluate and adjust to know the ground realities with more cautious and connect to accept the fact in real life. All of us know that our life is limited and uncertain be ready to leave any time irrespective of the place where we stay and living conditions, our age is not the criteria here even health conditions will not apply and be ready to pack of everything to go beyond our expectations and none can see us in this world. Just we live in the hearts of people if we do some good or bad we may or may not reflect others. The truth is clear and crystal to live and love to the best of our ability is only left with us. Satisfaction is most essential and vital part in real life. Help ever hurt never is the best policy. It passes through generations even after us. Love alone leads us to some extent to reach our destination with peace of mind. We are breathing means we are living in this world. That itself is a great gift given by God to us to show our gratitude in the form of prayers every day when we raise up and dress up to do our normal duties. Rest will automatically take care.

# Remove your fear

**Leadership tips, Accept challenges, Face obstacles and hurdles.**

*“Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear.”*

– Dale Carnegie

Self-belief gives self-confidence to make with an innovative and dynamic approach is the fundamental character in leadership quality which leads to an effective leadership visualize and communicate to plan well and implement it to perform better and the best. A leader is a reader to read everything in all respects at all times on all occasions makes an impact to lead the organization effectively and efficiently. An effective leader will determine and dedicate to sacrifice for the sake of team and creates the team spirit to fetch the fruitful results in reality. The leader should be ready to take tough decisions where required when time demands and prove that the teamwork is crucial and essential to get the things done in desired manner makes to trust and follow the leader shows the unity among team members. Unity gives strength. Togetherness is key for success. It creates ability to perform and make it stable governance. Good governance is an indication for quality work with learning skills and improve the performance to peak level gives an immense pleasure and satisfaction. Collaboration and coordination builds trust among team members ultimately drives towards success. Success is ultimate which shouts better than us. Believe!

# Negotiation Skills

**Preparation, effective communication, careful listening, creative collaboration, constructive facilitation makes the job done easily.**

*"Everything is a negotiation. Everything is a little bit of give and take."* – Layman Rucker

*"The most important trip you may take in life is meeting people halfway."* – Henry Boyle

*"Never cut what you can untie."* – Joseph Joubert

*"During a negotiation, it would be wise not to take anything personally. If you leave personalities out of it, you will be able to see opportunities more objectively."* – Brian Koslow

*"Negotiation in the classic diplomatic sense assumes parties are more anxious to agree than to disagree."* – Dean Acheson

*"The most difficult thing in any negotiation, almost, is making sure that you strip it of the emotion and deal with the facts."* – Howard Baker

*"Let us never negotiate out of fear. But let us never fear to negotiate."* – John F. Kennedy

*"Don't bargain yourself down before you get to the table."* – Carol Frohlinger

A strong strategy to ensure each team member will actively contribute to any project or program to complete it in time will yield fruitful results and stressed here in this context. Advance

preparation gives more clarity about the situation, scope, criteria for decision making will help the people and the task makes an impact on the part of resources available in given time for the purpose gives more clarity to generate and provide more information to share and satisfy the team members in large scale. It also helps to prepare mentally, emotionally, constructively, respectfully with open mind by avoiding assumptions, biased emotions and unwarranted comments could cloud our judgment to trigger the conflicts. Listen carefully while negotiating for better understanding to know the ground realities.

Listening is an art. It helps us to be silent and observe more from all corners makes some sense and gives ability to determine and dedicate to sacrifice and focus more on our desired goals. It also helps to create rapport and trust the team to create the team spirit among team members. One of the key negotiation skills is an effective communication to avoid misunderstandings and differences or disputes among team members are the first and foremost to maintain cordial and friendly relations to run the organization smoothly helps a lot. Sharing is caring. Share your views with others. According to information management system delaying information has no information at all.

Timely action gives timely results. A stitch in time saves nine. Creative collaboration and coordination, flexibility and adoptability with willingness to compromise evaluates ideas, solutions, alternatives to satisfy majority of their needs and preferences will fulfill to great extent. It creates value and synergy to foster innovation and learning to achieve mutual satisfaction and commitment. Team consensus is part of the negotiation process which facilitates to enforce the ground rules such as respect, honesty, integrity, confidentiality, trust and so on.

# Transformation

**Evolution, Progress, Evolve and Inspire, Adaptability.**

*“Real transformation requires real honesty. If you want to move forward – get real with yourself.” – Bryant M.C. Gill*

We must evolve in our own way of working to inspire, motivate, enhance, adapt, modify, adjust, change, expand, mature, enlarge, progress and develop on daily basis makes an impact to set an example or to become role model and trendsetter to others will help us as an individual and others as well. We are part of society. We are one among others. We should live with love and affection. Kindness is key for everything. Our success is not ours alone. There are so many unknown sources are there behind our success. Just realize, respond, respect and share your success with others. Sharing is caring. It gives an immense pleasure and satisfaction. It is our main responsibility to be part of this world as an individual to grow together. Togetherness gives more strength. Growing together is a symbol for unity. Team work plays vital role. Behave as matured, well cultured, highly skilled as learner with human values keeps elevating and enhancing to the next level in real life. Evaluation and appreciation helps in this process. A small support and guidance makes an impact and create a role to play as leader to take care of everyone with smile. A smile gives energy, efficiency, high value in the minds of others. It helps to reach more people to express our views and share our success with others. Success is journey not the destination. Let us rededicate, resolve, recoup, revalue to implement our desired goals to fetch the fruitful results is our top priority.



# Never try to please everyone

**Pleasing is disease, Respect yourself, Give respect and take respect, Dignity of labor, Treat properly, Respect your work.**

*“If you try to please everyone, you will please no one. It is impossible to lead your life for others’ happiness.” – Sudha Murthy*

It is not our job to please everyone in this world. It never happens in any case with anybody. It is highly impossible to please others. Never make an attempt to please others instead appreciate you to get some satisfaction makes some sense in this respect. Do your best and give best then hope for the best. You will get the best. Believe! It gives everything. Change is must and mandatory. Transformation gives collaboration and coordination makes us to share and learn through various means elevates and enhances us to the next level in reality. Never live in the past which deteriorates and diminishes your zeal and pleasure gives scope to strain and struggle in your present. It is always better to live in your present and do your best in given time with available sources makes an impact on us and others as well. Under estimating yourself is like insulting and disrespecting your capabilities. It further deteriorates your ability to perform and acquire the desired results in real life. Upgrade and update yourself on daily basis gives confidence and courage to face the challenges that occur in our day to day activities. It helps to learn and improve better manner to plan well and perform effectively. Overthinking is ill health.

# Never compare with others

**Focus more on your goals, you are key to yourself.**

*"Do not compare yourself with anyone in this world. If you do so, you are insulting yourself." – Bill Gates*

*"Be yourself; everyone else is already taken." — Oscar Wilde*

*"When you are content to be simply yourself and don't compare or compete, everyone will respect you." — Lao Tzu*

*"Comparison is the root cause of all evil. Why compare when no two people are alike?" — Haresh Sippy*

*"After so many years struggling to keep up with you, I finally realized we're not even running the same race." — Scott Stabile*

*"Trying to be someone else is a waste of the person you are." — Marilyn Monroe*

*"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." — Ralph Waldo Emerson*

Stop comparing yourself with others makes you to start yourself to focus more on your desired goals and aspirations not the results. Never expect and try to do the things in real life. If you expect you may disappoint if it does not happen. Comparison with others indicates your mindset. It leads to competition and creates unhealthy atmosphere. It is always better to compare yourself than your past with present makes some sense and

helps to get the best results in real life. If you win yourself you are the winner in this world. Satisfaction plays a key role in this respect. A satisfied person is better than a successful individual. It gives pleasure and satisfaction.

It leads to good health. Health is better than wealth. If you are healthy you can contribute more than what is expected. Create an environment in work place to work together as a team. Teamwork plays wonderful role. It gives more strength and ability to perform better and the best. It makes us strong and stable. It improves our skills. Togetherness is like bondage to feel happiness and forget the obstacles and hurdles that occur during the process. Time moves fast and gives pleasure to contribute more and more. People will help us when required in teamwork. It is a collective effort. It gives the collective results. Never forget to share your success with others. Your success is not yours alone. It is a combination of various factors.

Believe! Belief gives everything. Be as you are. You are unique in this world. You are the creator. You can create your own path to follow by others makes an impact. You only will play a key role with your determination, dedication, sacrifice and love to fetch the fruitful results in reality. You are the key performer. You are the trendsetter and role model to others. Positive attitude makes it happen in reality. Your attitude and effort is your valuable asset. It lives long to create goodwill. It works like ambassador to create brand image to make an impact in and around. Be simple and humble. Honesty and integrity are key to play a vital role in this respect. Help ever hurt never is the best policy.

# Mindset is ultimate

**Comprehension, mindfulness, positive attitude leads towards positive direction and fetch the positive results.**

*"I am not a product of my circumstances. I am product of my decisions."* -- Stephen Covey

*"Patience, persistence and perspiration make an unbeatable combination for success."* -- Napoleon Hill

*"To avoid criticism, do nothing, say nothing, be nothing."* -- Unknown

*"Anyone who has never made a mistake has never tried anything new."* -- Albert Einstein

*"Becoming is better than being."* -- Carol Dweck

*"The problem human beings face is not that we aim too high and fail, but that we aim too low and succeed."* -- Michelangelo

*"We find comfort among those who agree with us, and growth among those who don't."* -- Frank A. Clark

*"A man who has committed a mistake and doesn't correct it is committing another mistake."* -- Confucius

*"Vision is not enough. It must be combined with venture. It is not enough to stare up the steps; we must also step up the stairs."* -- Vaclav Havel

We should always remember that miscommunication leads us to misconception with lack of understanding among the

team members and finally moves towards mistakes, misbelief and false impression shows the differences with each other in reality. Misapprehension, misrepresentation, misreading, misbelief, miss judgment, misinterpretation, illusion are part of lacking leadership qualities. It leads towards stress, strain; distrust, blunders, cruelty, and violence land us as culprits and face the problems beyond our imagination. It is always better and advisable to move with comprehensive approach and better communication skills create the work environment hassle free and create convenience to everyone in the organization. As a result, people feel friendly atmosphere and grow together by sharing each other makes an impact on the part of management and employees as well. Win-win strategy gives flexibility to work with mindful exercise makes to get the mindful results and the willful exercise gives willful results. Effective communication with sufficient training leads the people more effective in their work and contributes in better manner. Human resources will play a key role and their contribution elevates the organization to large extent and keeps it peak in no time. Taking care of employees is the top priority in terms of skill development and learning through training makes them as efficient and wonderful to create an image to the outside world. At the same time it gives confidence and courage to move forward with one step makes them to reach miles and miles in their journey. Willpower is ultimate. It inspires and empowers to make decisions effectively and efficiently. It creates team spirit among the team members. Collective effort gives collective results. Sharing is caring. Share your success with others.

# Habit of Gratitude

**Attitude leads to Gratitude, Thankfulness, Makes an Impact.**

*“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.” – Brian Tracy*

Our attitude leads us towards gratitude with positive mindset to bring some change on regular basis makes an impact over a period of time. Gradually, it gives an immense pleasure and satisfaction. It also gives peace of mind finally leads to good health. Health is better than wealth. A satisfied person is better than a successful individual. It gives full of everything with abundant knowledge. Knowledge is key for everything and it is more powerful and valuable. It helps to understand better with our effective listening skills. Listening is an art. Careful listening gives careful observation. Once we understand better to know the ground realities it makes us to plan well and perform better which elevates us to the next level in real life. Transformation makes an individual to do the job differently to fetch the fruitful results in reality. It indicates our goodness and good relations in good environment. Thankfulness will appreciate by everyone in this world. It makes them to feel joy and pleasure. It keeps us to continue the relationship in long run. Stability gives ability to move forward with great zeal of enthusiasm in order to fetch the best results during the course of our journey. Life is like a journey. Enjoy! Be thankful.

# One-to-One Meeting

**It gives scope for individual counseling, job issues, and employee empowerment.**

*"When two people first meet, they can only have a very ordinary kind of friendship. But when you begin to understand each other, when you get close to them, you discover that you are suddenly eager to know him or her even better." – Zeya Zhang*

One-to-one meeting with team members makes an impact and gives effective results in leadership management. It inspires and empowers the individual to focus more on desired goals and improve the skills where deficiency is there. It gives scope to learn through guidance and support in the form of training will expose and explore to pickup fast to cope up with peers and colleges gives an immense pleasure and satisfaction in this respect. The main advantage of one-to-one meeting with an employee maintains confidentiality and courage levels will increase on the part of individual based on the information shared by higher officials for the sake of growth and development as an individual and the organization as well. It is a collective effort and consistent process to evaluate and appreciate the staff concerned will motivate further to increase the productivity than expected in real terms. It yields the fruitful results in long run. It also helps to retain the staff concerned after hiring with skill development through various means makes an impact on the part of team as a whole. Treating an employee keeps the organization culture, work culture; employee morale above all the image of organization in the minds of public is worth mentioned here in this respect.

# Affinity bias at work

## Similar Mindset, Beliefs, Backgrounds, Qualities.

*"I cannot accept that a work of fiction should be either immoral or moral. It should merely show the world as it is and have no moral bias."* – Anthony Burgess

*"Have a bias toward action - let's see something happen now. You can break that big plan into small steps and take the first step right away."* - Indira Gandhi

*"My view is that at a younger age your optimism is more and you have more imagination etc. You have less bias."* - A. P. J. Abdul Kalam

*"On the first day of school, my teacher, Miss Mdingane, gave each of us an English name and said that from thenceforth that was the name we would answer to in school. This was the custom among Africans in those days and was undoubtedly due to the British bias of our education."* - Nelson Mandela

Affinity bias means likeminded people with similar qualities, mindset, beliefs or backgrounds will join at one place and share their views with each other and discuss about their feelings makes an impact on the part of productivity as far as the work place or environment is concerned in this respect. It is quite natural irrespective of the gender, qualification, age, position, caste, color, religion or even nation makes people to unite with subconscious inclination to gravitate on similarity basis keeps their feelings strong and stable to reach some conclusion and make their mind fixed. As a result they cannot even change their mindset even after making so many negotiations with several options will not work out easily.



It becomes tough and difficult to handle the situation on the part of management. Transformation, adaptability, flexibility, positive mindset, listening skills, understanding power, individual and organization growth, kind heart, skill development helps to grow together and training plays crucial role on various subjects on regular basis helps to large extent. Win-Win strategy helps to create winning mindset to grow horizontally in long run. As long as our intentions are good no one can stop us in this world. It leads us with great zeal of enthusiasm to move forward with one step allows us to reach miles and miles in our journey. Goal setting is must to grow with an innovative and dynamic approach allows reaching our destination.

Let us rededicate and reconfirm to commit and convince ourselves as responsible individuals for the sake of our own growth and others as well.

Creating a healthy environment makes the work place like a temple which feels by us to treat our duty as divine and work is worship to say in one word. Work alone creates career growth with skill development. Be as performer. Be as trendsetter. Be as dynamic personality.

# Keep your mind on your goal

**Goal setting, Focus more on your goal, Sacrifice.**

*"You have to keep your goal in mind and never lose sight of it. I envisioned myself winning the heavyweight title for ten years before I actually captured it. If you are not driven to do your best, you will never reach the level of excellence in your life." – George Foreman*

Always bear in mind to separate you from all kinds of distractions, interruptions, hindrances otherwise it disturbs your own ability, stability and strength to large extent and effects your growth and development. Be careful and cautious on these elements and it is better to curb or control them in all aspects right from the beginning makes you a clear path to move forward with great determination and dedication to sacrifice and focus more on your desired goals is the best way of approach. Goal setting is must. It leads us to plan well and implement it to perform better and the best with required skills makes an impact on us and others as well. It creates disciplined life to move forward with great zeal of enthusiasm in order to fetch the fruitful results in our journey. Life is like a journey. Learning is a lifelong process. Your life is your experience. It is the best teacher and your experience is your judge to analyze and equip with evaluation and appreciation keeps us to fit in to the shoe with better understanding to know the ground realities based on our experience is a key exercise in this respect. Togetherness gives more strength. Growing together is a healthy way of approach. Positive attitude helps to grow better.

# Evolve, Inspire, Empower

**It helps for progress, development, growth, achievement.**

*"Start where you are. Use what you have.  
Do what you can." – Arthur Ashe*

It is almost difficult to find an individual who does not have biased mindset in this world as a human being we ourselves bend or accustom some kind of like or dislike on something or the other is a happening event in real world. We will have our own likes and dislikes on particular subject, person, or brand for that matter anything and everything makes an impact on us based on the impression created in a given time and circumstances prevailed. It is purely personal and their own feelings who can express their opinion and feelings in the form of visible way elevate and inspire us to the next level if it is a positive feedback. Otherwise, we really feel and get upset to some extent or the other. As a matter of fact, as a strong and determined personality we should not bend or downfall on either way and maintain the balance to continue your own strength to fetch the best in given time with the available resources and situation prevailed makes an impact to great extent on us and others as well. Too much is not good either for or against in reality. Maintaining standards is key for everything. We have to control and convince ourselves to create an environment in such a way that with win-win approach makes us to be cordial and flexible manner keeps us to negotiate and adjust us even tough situation gives scope to manage and balance everything to move in a smooth manner makes us to feel happy and enjoy the event and easily come out of the situation makes us to feel joy and pleasure. Time plays a crucial role for everything. We have to understand and manage accordingly. We should always maintain cordial relations and crucial decisions should take without bias makes us to feel happy and enjoy our life free and fair.

# Accept what it is

*Live in present, be realistic, be practical, and be genuine.  
"Acceptance is the key to everything." – Michael J. Fox*

Live in your present and forget the past. Past is past. It will not come back again. Yesterday's newspaper is today's wastepaper. Stop thinking about your past and start working in your present. Your present is reality. It only gives some results if you start working on it. Mere planning will not fetch much. Implementation alone yields the best results. Is action oriented? Is result oriented? Be realistic. Be reliable. Be practical. Be genuine. Then only things will happen in real life. Mere dreams are like water bubbles. Burning desire with determination and dedication makes an individual to move forward to reach our destination safely and securely in our journey. Always use your experience gained in your past makes it happen in your present to stabilize the future gives hope with aspiration helps to grow better and the best in your future. Faith alone leads us to put a step forward to reach miles and miles with little hope makes an impact on us and others as well. Believe! Belief makes everything. It is like tonic to give more strength and stability to stand alone with confidence and courage to improve our skillset. Learning is a lifelong process. Technology helps to large extent in this respect. Now it is playing great role.

# Be like a tree

**Deep roots, Strong trunk, Long stems, Green leaves, Fruits,  
Shade, Flowers, Looks beautiful, Fresh air.**

*“Be like a tree stay grounded. Connect with your roots.  
Turn over a new leaf. Bend before your break. Enjoy your  
unique natural beauty. Keep growing.”*  
– Buddhism – Mindfulness – After life

Be like a tree! If your roots are deep you are strong and stable to stay longer. The tree will never feel even if the leaves and fruits fallen down because it will have confidence that it will grow again. The nature is more powerful it allows growing seasonally. Ground reality is most important and it gives the best to rely on its strength. Belief gives more strength and ability to grow naturally. Even the bird will have more confidence on its wings. It can fly high as much as possible. It will never compromise. Even if the stem falls down it will never fall down because with the help of wings it will fly high. It is always better to believe your own strength, skills, ability to perform with learning attitude makes an impact on us and others as well. Belief gives confidence and courage to move forward with great zeal of enthusiasm to reach our destination safely and securely well in time in our journey. That is the power of will. Willpower is ultimate. Where there is will there is a way. Create your own path to help others and follow by them gives an immense pleasure and satisfaction. Satisfaction is key for everything. It helps you to lead and acquire the leadership skills. Grow as leader. A leader is a reader. Lead efficiently.

# Incredible Journey

**Unbelievable, beyond belief, unconvincing, farfetched, beyond expectation, reliable and reasonable way of approach makes us to reach the destination safely and securely well in time is the right way of approach.**

*"As long as you have an open mind, able body, and a kind heart, you will be safe everywhere." – Happy Journey Quotes*

Persistence, staying power with application for a purpose gives determination, dedication, sacrifice, willpower, confidence, courage makes an individual to move forward with great zeal of enthusiasm irrespective of the obstacles and hurdles that occur during the journey helps to reach the destination safely and securely well in time is the bear fact. Consistency creates growth mindset with positive attitude to face challenges that occur in the process. It helps to acquire more knowledge. Self-esteem is a fuel for the effort we put in to achieve our goals. Flexibility will bounce back stronger from setbacks to plan well and implement it better to perform with outstanding mindset. Paying attention with more focus towards excellence lies in the success path. Innovation allows daring with dynamic approach makes it happen in reality. Teamwork, collaboration, co-ordination, guidance, support, encouragement, appreciation, recognition will lift us and elevate to the next level to move forward in this journey to reach peak level. Be proud of you and feel happy to enjoy the journey. Life is like a journey not the destination to stop at one place and settle with low values. Dream big achieve big. Let the effort is bigger than your dream.

# The purpose of life

**Love and live, Kindness, Good intentions, Good behavior.**

*"The purpose of life is to live it, to taste experience to the utmost,  
to reach out eagerly and without fear for newer and  
richer experience." –*

The main purpose of life is to lead a very happy and peaceful life most of us will expect and try to do it accordingly. In majority of the cases it will not happen because of our own attitude, behavior, habits, planning, application, execution, performance, efforts, implementation, skill development, faith, qualification, seriousness, discipline, dedication, enthusiasm, confidence, courage, commitment, determination, dedication, sacrifice, willpower, desires, level of understanding and so on will stop us to grow with our own traits, fears, doubts, lack of knowledge, disappointments, overthinking keeps us to be behind to stay back and will not allow to move forward in our journey. To conquer this the simplest and easiest formula is be simple, humble, honest, integrity, discipline, communication, love and kindness, mingling with people in flexible manner makes an impact on us and others as well. It creates a path to prefer and allow us to grow together with likeminded people to share our views with good intention gives scope to lead our life with pleasure and satisfaction. Satisfaction plays key role in this respect. To say in one word you are the key for everything. It is in your hands to create the way how you like. Your decision is final. Try to lead a meaningful life which gives means of energy and freedom to reach peak in reality.

# Highly successful people

**They feel comfortable with pressure; they look cool, calm and collected even when they are not.**

*"You can make a positive out of the most negative if you work at it hard enough." -- Sam Walton*

*"Courage is grace under pressure." -- Ernest Hemingway*

*"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." -- Albert Einstein*

*"Take up one idea. Make that one idea your life -- think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success." -- Swami Vivekananda*

*"Try not to become a person of success, but rather try to become a person of value." -- Albert Einstein*

Succeeding at workplace as an employee and the best contributor makes an impact on the part of individual and the organization as well is crucial part to play and exhibit the skills where required is the step by step process with proper planning and effective implementation gives an immense pleasure and satisfaction. They always learn to acquire more skills according to their job description to update for the next job to succeed. They never stick and settle at one place and try to move from one place to the other to get the better and the best opportunities. They focus more on career development. They raise their voice and speak up when opportunity comes do not feel to express their opinion bluntly with everyone. Dress code is essential



to present them to attract and maintain the standards with human values. They do not even hesitate to go to the higher ups to get promoted. They also know how to communicate with those higher ups to convince in a reasonable manner. In fact, they wait for opportunity to interact with CEO if required. They take charge and feel more responsible and accountable to prove as successful individuals when situation demands. They wait for leadership opportunities. Successful people will work smart and hard to impress everyone in the organization. They listen carefully and pay an attention towards people to solve the problems. They follow professional approach with everyone across the organization. Time management is crucial exercise to ensure to seat in time at the meetings and conferences. They behave like managers not employees.

Everything they keep a record and their accomplishments and achievement in project management. They share their success with others. They focus more on the results not on the activities. They pay attention who else is getting promoted. They never compare themselves with others. They listen to get the feedback. They solve the problems and show some solutions. They identify the inefficiencies and guide to move in right direction where required. They commit to learn with positive attitude. Mingling with people makes an impact to move freely and friendly for acquiring the best results as a successful individual. They can understand easily body language. They are comfortable with pressure, strain, struggles, obstacles, hurdles, hindrances and difficult times.

# **The True Value of Contrary Voices in Leadership**

**Encourage expressing, Feedback gives clarity, Decision making is crucial and complex. Listening is an art. Listen carefully.**

*"A leader is one who knows the way, goes the way, and shows the way."* – John C Maxwell

We should listen, understand, realize, and respect, the true value of contrary voices in leadership. When somebody explains something against others with clear cut guidelines and good intentions we should consider the merits of arguments into consideration as a leader for the sake of growth and improvement makes an impact on the part of organization. Hearing is an art. Careful listening helps us to consolidate, co-ordinate, co-operate, communicate to convince and confirm to move forward with great determination and dedication to sacrifice and focus more on our goals and fetch the fruitful results in reality. Decision making is crucial and complex. Team spirit gives confidence and courage ability to perform and prove as a successful leader. A leader should have dream and vision to understand better to know the ground realities and assess with right way of approach with right people at right time in right place with right cause yields the right results. Belief makes everything with proper checks and careful observation helps to large extent. Creating an environment itself makes the people feel happy gives pleasure and satisfaction. When we come out from comfort zone we prepare to hear others. Then only things will set right as expected.

# World needs peace and tranquility

**Peacefulness, restfulness, calmness, quietness, silence makes happy.**

*"Do not let the behavior of others destroy your inner peace." – Dalai Lama*

War in any form is not good and creates violence and unrest. It leads to loss of wealth and humans and finally meets to reach helpless. It keeps away from peace and prosperity. It creates a fearful and helpless situation. It is always better to compromise or understand better to come out of that situation with mutual co-ordination makes win-win strategy. Mindset is ultimate. If we think keeping our ego aside makes anything is possible. Short temper, angriness, cruelty leads us to reach peak towards violence. Application of brain depending on situation with positive approach leads us to positive people to think better and the best to fetch the fruitful results which leads peace and prosperity makes win-win strategy. Winning mindset and winning attitude gives winning results. Life is like a journey. We have to travel with people together in this journey. We cannot walk alone. Unity gives strength. Think differently to get the results differently. Innovative thinking and dynamic approach makes us to lead in a beautiful world keeps us to live together, love together, move and grow together. That is the purpose of life. Let us try our best, do our best, give our best to spread the message to reach more and more people for good cause.

# Spiritual journey

**Purifies, Clean our mind, Gives energy and strength.**

*"The spiritual path – is simply the journey of living ourselves.*

*Everyone is on a spiritual path; most people  
just do not know it." – Marianne Williamson*

Spiritual journey does not need any qualification or wealth except love and kindness with belief alone makes us to move forward to reach miles and miles towards our destination and help us to reach safely and securely well in time is the best way of approach. Simplicity and honesty will add to face value to follow by others is a key exercise in this respect. Discipline is the root cause of everything. It helps to give mental health and awareness to know the value of human beings. Human values are utmost and vital to grow as better citizen and prove themselves by applying skills where required makes an impact on us and society as well. Maturity is part of learning and gives wide scope to understand better to know the ground realities when time comes and situation demands. It helps to visualize with strategic planning and implementation makes to prove and perform with innovative and dynamic approach. As a result, it gives an immense pleasure and satisfaction. A satisfied person is better than a successful individual. Satisfaction plays key role in our day-to-day life. Every day is a new opportunity to prove ourselves as useful and clean our mind with fresh air to breathe while spending our time with Mother Nature through the woods keep us fit to work more effectively and efficiently rest of the day. It is a God given gift to all of us.

# Aspiring Better Human

**Human resources, human values, humanity, human beings  
are most essential in reality.**

*“Forgiving is rediscovering the shining path of peace that at first  
you thought others took away when they betrayed you.” – Aspiring  
Quotes*

A trainer needs another trainer. Learning is a lifelong process. Learning is earning. It gives plenty of knowledge and awareness. Know your strength. It keeps you strong and stable. It inspires and empowers us in many ways. It creates zeal and enthusiasm in order to fetch the fruitful results in real life. It makes us active and alert. Our way of approach differs to think with an innovative and dynamic way makes us to create a new path to follow by others. Aspiring better human is a great concept. It leads to conversations, together as colleagues, coaches, good friends to help each other and support where required also guide when situation demands. It is like a journey to move forward with positive attitude to reach our destination it helps a lot. Exchanging ideas is an excellent idea to grow together in this world. It is a great opportunity to discuss, share, care with each other in respective fields. Aspiring better human caption itself leads us towards leadership journey and makes us as leader if we follow the principles carefully. Let us invite Will Sullivan, David and Michelle to share more outputs in this forum and make the program grand success. Zen Zoom transformation and Transformational coach both are the best.

# Super Freques Group

**Global healing frequency, love and kindness, sharing and caring, team spirit, teamwork, self-motivation, learning and improvement makes an individual to join in as team.**

*"Groups cannot grow unless individuals grow within the group."* – Terrific Friends Group Quotes

Super Freques is a global healing center with an innovative and dynamic leaders in respective fields will share their unconditional love and kindness on everyone who needs real growth and prosperity to grow together as responsible and accountable individuals in their activities is the best place to work as volunteer and do the service and welcome to seek their doubts if any. Your voice and efforts are welcome here and share your feelings with great respect will receive and interact accordingly. As a result, win-win strategy is applied with positive mindset to share our views with each other makes an impact on everyone. Dedication and determination leads us to move forward to sacrifice and focus more on our desired goals in this respect. As long as our intentions are good everyone will help us in this universe. World is wide you can visualize as much as you can and as well as you can with prospective mode of travel in your journey will certainly reach your destination as soon as possible is the principle of law. Let us believe and proceed to create our own path to make a difference to set an example to others. Think differently. Do differently. You will get the results differently. It is amazing! Believe! Belief gives everything.

# Life is great experience

**Love yourself, Love your work, Love and live.**

*"Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward." – Oscar Wilde*

Unconditional love gives more happiness. Kindness is key for everything. Your life is your experience. You are the best teacher for yourself. Be happy and enjoy your journey. Every moment is precious and valuable which tells something or the other. Life lessons are like live lessons. We should learn and update ourselves to upgrade which elevates us to the next level in reality. Learning is a lifelong process. Skill development is part of the process. If we want to survive in this world we have to work consistently. Work alone yields the best results. Work is Worship. Duty is Divine. Do your duty. Give your best. Do your best. Hope for the best. You will get the best. Be an optimistic. Positive attitude gives us positive life. It makes us to be more energetic, enthusiastic with great zeal to move forward to reach our destination in our journey. Togetherness gives more strength. It makes us to be stable and strong. It gives confidence and courage to grow in right manner with right people at right place with right cause to accomplish the right results is the right way of approach. Do it right now is the best policy. Honesty and integrity leads us to plan well and perform better with effective implementation. Love yourself and others.

# Living our vision meaningfully

**Visualize, analyze, awareness, understand, implement.**

*"A vision and strategy aren't enough. The long term key to success is execution. Each and every day." – Richard M. Kovacevich*

Every day is a new opportunity to update and uplift us through various means in real life. Mother Nature helps in this respect. Immediately after getting up from our bed we should pray God and show our gratitude by giving us an opportunity to raise up to breath and dress up to do our normal works makes us to spend some time to walk in the woods to become fresh ourselves to get some relief and shines our eyes when the sun rays falls on us gives more energy to move forward with great zeal of enthusiasm to complete our tasks rest of the day. Nature is God given gift and we have to protect it for our goodness and others as well. If we protect the nature it protects us in many ways. Breathing fresh air makes us to feel joy and pleasure with good health. Health is better than wealth. If we are healthy we can do anything and everything. Plant a tree on our birthday, marriage day or any other day which is convenient and feel proud yourself to make an impact on you and rest of the world as well. Try to support or encourage planting more trees in open places like parks, schools, public place and so on. Urbanization is increasing day by day. Urban forestry and urban green leads us towards healthy way of living. It helps to reduce the heat.



# Balance in life

**Mentally, physically, emotionally balanced to strengthen our lifestyle to reach our destination well in time safely and securely is the best way of approach.**

*“The word ‘happiness’ would lose its meaning if it were not balanced by sadness.” – Carl Jung*

We can do everything to the best of our ability if we balance our life in personal, professional, family, social, cultural and spiritual ways makes a big difference in our day-to-day activities in reality. Controlling all kinds of ill feeling thoughts makes an impact on our thought process leads us towards positive direction in our journey to put a step forward to reach miles and miles and makes it happen in real life. Allocation of our time is crucial in this respect. Each task has its own value depending on the skills required and time spent on that particular job allows us to create an environment to fetch the fruitful results is the main task. Give priority based on the need and importance to plan well in advance with effective implementation to perform better and the best yields the visible and accurate results is the bear fact. Application itself is the main criteria to act upon and concentrate to focus more on our desired goals is the basic requirement. Satisfaction is like another side of a coin to look and get it done based on the effort we put in is the top priority. Our effort should be higher than our goal. Then only things will happen in reality. Our effort is like our valuable asset. Be happy and enjoy your life. Love yourself and your work. Work alone yields everything in practical life. Be practical. Be realistic. Be performed. Be happy.

# Energy and inspiration gives joy

**Happiness, pleasure, satisfaction, peace of mind makes life easy.**

*"We hold the key to lasting happiness in our own hands.  
For it is not joy that makes us grateful; it is gratitude  
that makes us joyful." – Brine Brown*

Happiness is not a commodity to buy in open market. It has to be grown and developed within and created based on our experience comes out through our feelings, attitude, behavior and thought process. Wisdom is a God given gift. We have to create through our habits and build the character to feel joy and pleasure makes an impact on us and others as well. We are part of this world. We are one among others. We live with people in our society. Togetherness gives more strength along with happiness. A happiest person in this world is really a lucky person. It is not an easy task to be happy and make others happy. Our mindset plays vital role in this respect. "YAD BHAVAM THAD BHAVATHI – ARYOKTI". Where there is will there is way. Willful exercise gives willful results. Mindful exercise gives mindful results. It is in our hands to determine and dedicate to focus more on our happiness. Try to enjoy and celebrate the small victories on daily basis grows like a seed to plant in our mind and grow as a banyan tree over a period of time and gives shade to create a path to others in reality. That itself gives us more satisfaction and pleasure to live in the hearts of people even if we left physically from this world. Be as trendsetter and role model. Live and lead the meaningful life. It has its value.

# Success or failure is not fixed

**Success is a journey, Failure is a lesson, and nothing is fixed.**

*“Success is not final, failure is not fatal:*

*It is the courage to continue that counts.” – Winston Churchill*

Nothing is permanent in this world either it is success or failure. Success tells us to feel more responsible and accountable in order to maintain the standards in our journey to reach our destination safely and securely well in time is the root cause of everything. Failure is a stepping stone to know the ground realities to understand better and improve ourselves to acquire more skills through learning process. It teaches us not to overestimate about himself/herself or under estimate your opponent. A stitch in time saves nine. Never look nor feel proud yourself that you only can do anything and everything. Unless we learn and update to upgrade we will be where we are like a frog in the well. World is so wide. We are drop in ocean. We know very little. We should learn a lot. Our life is not sufficient to understand this world. Do not go too much on anything and try to acquire basics in everything in your field where you live or love. It helps to grow in positive direction with positive people in positive approach makes us to get the positive results in positive way. That is the purpose of life. That only gives meaningful life. Life is like a journey. It is like an ocean. You cannot swim and cross the sea. Try to reach one corner.

# Embracing continuous learning

**Accept and adopt willingly, Involve, Incorporate.**

*"Continuous learning is the minimum requirement for success in any field." – Brain Tracy*

In the new era the illiterate means will not be those who cannot read or write, it means those who will not learn, unlearn, relearn, update, upgrade, improve, revise, reform, amend, streamline are kept aside and will give less priority or neglected to consider as an effective and efficient candidate in reality. Inspire and empower yourself on daily basis makes an impact on the part of individual. Then only we can withstand by maintaining discipline, dedication, sacrifice, determination to focus more on our goals to fetch the fruitful results in this world. We should bear in mind that learning is a continuous and life long process. There is no gender or age difference for learning irrespective of the position we occupy except willingness. It develops and gives an opportunity to lead a happy and peaceful life. It also makes us to mingle with likeminded people to share our views with others. Digital technology helps in this respect. You can sit and learn from nook and corner. Virtual learning is the main concept to gain more knowledge through various means elevate us to the next level in reality. Knowledge is like a flowing river. The river never flows reverse. Knowledge should be shared not stored. It is not a commodity to buy in open market. It is acquired and gained through learning. Let us do it.

# Build your relationship

**Better understanding, Awareness, Close watch.**

*“Showing up builds trust. Trust builds relationships.  
Relationships build your business.” – The Hello Social*

Silence is gold and blissful. It indicates the level of maturity. It gives more clarity to understand better with similar mindset even in difficult situations with difference of opinion keeps on moving together with great respect. Self-respect and self-esteem creates self-confidence and courage to move forward with great determination and dedication to sacrifice and focus more on goals in our journey. It saves our relationship in long run. Appreciating similarities respecting the differences is a crucial exercise to continue the journey gives more clarity and stay longer with each other. Better understanding helps to know the ground realities and makes to accept the results whether it is positive or adverse allows growing with satisfactory approach to correct and continue where required. Evaluation and appreciation are like two eyes to look in brighter way. Belief system gives ability to perform better while updating and upgrading during the process makes an impact and show the strength to create a team spirit. Teamwork alone yields the fruitful results through learning on regular basis elevates and upgrades us to the next level in reality. Effort is the key in this respect. Guidance and support are like two hands to hug and proceed.

# Freedom is the way to move forward

**Freedom gives happiness, strength, activeness, togetherness.**

*"The principle of moving forward, as though you have the confidence to move forward, eventually gives you confidence when you look back and see what you have done." – Robert Downey Jr.*

Freedom of expression, thoughtfulness, actions, vision, movement and our own feelings makes an individual to reach peak in reality. It gives us an immense pleasure and satisfaction. It makes us to grow in right way with right people at right time in right place with right cause is the right way of approach. It inspires and empowers to plan well and implement it to perform better with an innovative and dynamic approach makes it happen in our day-to-day activities. Willpower is ultimate. It gives ability and strength to determine and dedicate to sacrifice and focus more on our desired goals. Freedom of speech, expression, action is our primary and fundamental right as per our constitution. Every individual can express their views with others without any fear freely and frankly. We should always keep in mind to protect others feelings and interests while speaking without hurting them is the main criteria. Give respect and take respect is the best way of approach. If we maintain this our respect will increase in the minds of others. Win-win strategy is always better. Help ever hurt never is the best policy. It gives peace of mind and improves our health. Health is better than wealth. A satisfied person is better in all respects. Try!

# Be like a candle

**It burns and gives lighting, set an example to others.**

*“A good teacher is like a candle –  
It consumes itself to light the way for others.” - 0000000*

Mistakes are part of the process. When we plan to do something we visualize and organize in an innovative and dynamic way to approach and perform accordingly to get the best results in reality. Even though, sometimes it may not work out as per our plan and design results may not get as expected. Then people may criticize and try to pin point our mistakes alone and do not know the ground realities. Because they will not see inside and understand the clear picture what is happening here and the effort put in will not be considered by them. You only know the real fact. You are the person who involved and invited all kinds of efforts thru different sources will certainly give the fruitful results even if it is delayed. Effort will never go waste. Your effort is your valuable asset. You are the key performer. Performance alone will get the best results. Never degrade, discourage or underestimate your values and motivate yourself. Self-motivation is the best way of approach. It inspires and empowers in many ways. Winning mindset gives winning results. Positive attitude helps to reach positive people with positive approach makes us to happen in real life. A candle burns and gives light to others. Struggle alone gives fruitful results.

# Impact and Influence

**No one knows for certain how much impact they have on the lives of other people.**

*“Recognize that every interaction you have is an opportunity to make a positive impact on others.” – Shep Hyken*

The action of one object coming forcibly into contact with another makes an impact on the part of individual gives amazing results. A marked effect or influence have significant effect and allow us to think differently with an innovative and dynamic approach makes to grow abnormally as a disciplined soldier with our effort gives an immense pleasure and satisfaction. As a result, it comes into forcible contact with another object to hit and strike dash against. It will have a strong effect on someone or something to act or decide to do or die. It refers to the capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself. It can also refer to the power to shape policy or ensure favorable treatment from someone, especially through status, contacts, or wealth. A person or thing with the capacity to have an influence on someone or something is also referred to as an influence. Leadership quality determines to change and transform with our approach by nourishing ourselves as dynamic personality.



# Self-Awakening

**Processing powerful feelings, Eagerness to understand,  
Healthy curiosity, Inner engineering, Question and explore  
yourself.**

*“As you awaken, you will come to understand that the journey  
to love isn’t about finding the one, the journey is  
about becoming the one.” – Greig Crippen*

Focus alone makes an impact and influence to determine, dedicate and sacrifice makes us to learn, practice, perform and prove ourselves as successful individuals in reality. It creates teamspirit and makes us to move together with likeminded people to share our views with love and affection keeps us to move forward with one step to reach miles and miles in our journey. It also inspires and gives more strength as a team to plan well and implement it to perform better more effectively and efficiently through learning in various forms gives confidence and courage to face the challenges that occur during the process. Let us rededicate, redesign and resolve ourselves to transform our thought process towards growth and development irrespective of the line of activity in our day to day life. Then only things will change effectively as we expected. Mere dream will not fetch much. Effort alone yields the fruitful results. Consistent effort gives consistent results. Be action oriented and result oriented. Results are ultimate. People will measure us to asses based on the results and shout accordingly. Success is a path not the destination. Success gives recognition. It shoulders our responsibility and accountability to prove further. Awake! Aware!

# Nobody cares until you win

**Winning mindset, strong willpower, and mindful exercise  
leads us towards growth and development.**

*"Kind words do not cost much.  
Yet they accomplish much." – Unknown*

Winning mindset, winning strategy makes an impact on the part of individual or an organization for that matter keeps us alert, awake, arise and allow moving forward with great determination and dedication to sacrifice and focus more on our goals is the best way of approach in real life. Motivate yourself, cultivate discipline to grow in an innovative and dynamic manner gives more strength and inspire us to improve our skills through various means is key exercise. Thought process is ultimate. It creates positive attitude to think in positive direction with positive people to achieve the positive results in this journey. Learning is continuous and life long process. Training plays key role in this respect. Win-win strategy helps to visualize and plan accordingly to implement the things more and more effectively and efficiently to fetch the fruitful results in reality. Where there is will there is a way. Willful exercise gives willful results. Mindful exercise gives mindful results. Application of brain is ultimate for any task to fulfill our desires and accomplish our goals. Goal setting is must. Set a goal and achieve it. Our goal should be SMART and specific, measurable, achievable, and reliable and have time bound. Then it happens.

# Work hard in silence

**Smart and hard work, Work alone gives results.**

*"Work hard in silence; let your success be your noise."* – Frank Ocean

Silence is gold! Work smart to focus more on your goals. Once you reach your target your success will shout better than you. It spreads across the globe faster than you. It makes you to feel more responsible and accountable. It gives higher value with more recognition in the minds of people. Nobody bothers about our struggles, hurdles and obstacles. At the end of the day people will see your success. It has vision, plan, will, determination, dedication, sacrifice, discipline, consistent performance, failures, insults, deficiencies, discourages, disappointments, negligence, regrets, and displeasures and so on. You can even forget your own defeats after seeing your success. It makes you surprise to feel your own results in different way for a moment. Nothing is impossible. Everything is possible. Nothing is permanent. Everything will change in this world. Change is must and mandatory. Never take into heart anything. Do your duty. Do your best. Give your best. Hope for the best. You will get the best. Believe! Rest will take care automatically. It is part of the process. We have to move forward to reach our destination in this journey. Life itself is like a journey. We are here to travel and go in flow. Create your own path.

# Stay connected to your heart

**Wholehearted feelings, belief process and heart-fullness is connected close to reality.**

*“Good friends care for each other. Close friends understand each other. But true friends stay forever. Beyond words, beyond distance, beyond time....! – Friendship Quotes*

The wholehearted feelings, impressions, expressions, actions and visuals makes an impact on us and others alone comes out and exhibit through love and kindness only. It makes us to reach people at large to connect and stay with them long in their hearts gives us an immense joy with pleasure. Finally, it leads to satisfaction. Satisfaction plays key role in this respect. It is not a commodity to buy in open market. It has to come out of our heart. As a matter of fact it is God given gift. We are blissful if we have right thoughts to do the right things with right people at right place in right time for right cause keeps us to reach peak. It also qualifies our wisdom. Wisdom is the quality of having experience, knowledge, and good judgment and the quality of being wise, brave and excellence. As a result, we can think better and understand to know the ground realities to help others. Listening is an art. Let us hear our own heart which gives heartfulness. When it comes out of our heart it will never go wrong. Sixth sense is like a third eye which gives us facts, truth figures and gives views to visualize and plan effectively and efficiently to implement in systematic and dynamic way keeps us alert, awake, aware and arise where required.

# Facts vs. Truth

**No one can deny the fact, Truth is like a fire.**

*"Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth." – Wallpaper Quotes*

School of thought is an assumption, speculation, conception and conviction to our mind personally describes and elaborates in our point of view reflects to come to a conclusion and assess the judgment based on the information available or heard to give an opinion to the best of our knowledge is not the fact. It comes our opinion only. At the same time, everything we see is an outlook, frame of mind, interpretation or way of approach is only a perspective not the truth. Truth is like a fire it will not be hidden or hide forever, one day or the other it comes out. No one can preserve it in longer period. Trustworthiness is a tough thing to handle or maintain standards is not an easy task one has to cultivate, digest, re-digest, recoup, retrieve, recover and regain from all kinds of evils with our own effort and ability makes us strong and stable to face the challenges, obstacles, hurdles, disturbances, difficulties with our willpower keeps us as intellectual and determined personality to grow better and the best in real life. Discipline helps to be simple, silent, and humble to observe and gain the facts through various means makes us to get peace and prosperity in our activities. Then only things will set right as we expect and examine.

# Transformation leadership

**Manifestation, exhibition, display facts and figures gives clean chit and provide transformation to understand better in reality.**

*"Leadership experts and the public alike extol the virtues of transformational leaders – those who set out bold objectives and take risks to change the world. We tend to downplay 'transactional' leaders, whose goals are more modest, as mere managers." – Joseph Nye*

*"Courage is the first of human qualities because it is the quality which guarantees all others." – Winston Churchill*

*"Do not fear when your enemies criticize you. Beware when they applaud." – Ralph Waldo Emerson*

*"The people who are doing the work are the moving force behind the Macintosh. My job is to create a space for them, to clear out the rest of the organization and keep it at bay." – Steve Jobs*

*"If you want to be great and successful, choose people who are great and successful and walk side by side with them." – Ralph Waldo Emerson*

Manifestation is evidence of proof with distinct and explicit results will appear in public when we promise and give the assurance for future works out like a mirror and gives us an immense pleasure and satisfaction if we fulfill it in all respects. That means, what we thought is spoken out and what we spoken is implemented in reality through our actions makes an impact for our future gives the fruitful results is bear fact. Feelings and expressions will work out during the course of action yields the

favorable results gives the happiness to share and wear with us and others as well. Talk less and work more. Promise less and perform better. Observe more and feel more. Listen carefully. It is an art. It creates leadership qualities. A leader can read the people in all respects and do the best with the available resources in a given time. All the leaders are readers. All the readers are not leaders. Leadership is a tough activity. One has to read, write, understand, feel, perform, adjust, equip, express, visualize and witness the things in a reasonable manner to digest and create a new path only can become the leader in reality. Gratitude, generosity, goodness, focus, simplicity, divinity, empower people, mingling, choosing options makes the leader to update and upgrade through learning lifts the leader to elevate and enhance to the next level in real life. Love and kindness are the special qualities the leader should cultivate and develop to evolve and progress is the step by step process in leadership game. Creating teamspirit is another quality in the minds of people helps to work together for acquiring the best results as a team and share the success with them makes an impact to both. Do it right now is the best policy.

# Gratitude makes joyful

**Goodness, Thankfulness, Appreciation and heart-fullness.**

*"Gratitude makes sense of our past, brings peace for today,  
and creates a vision for tomorrow." – Melody Beattie*

Thankfulness, appreciation, recognition, acknowledgement, indebtedness and sense of obligation, respect makes us to feel joy and gives pleasure and satisfaction in real life. Gratefulness is the bench mark to measure our strength, reputation, recognition, fame based on the qualification we acquire and attain at the ground level keeps us to elevate and enhance to the next level in reality. It all depends on our capacity to gain through our knowledge, willpower, burning desire, sincere effort, ability, dedication, determination, sacrifice, focus, skillset, above all results. Results are ultimate. Results alone seen not our efforts. Who bothers about your struggles? No one is bothered about your obstacles and hurdles. You yourself will forget everything after you taste your success in this world. That is the secret of success. Success is a journey not the destination. It alone shoulders your responsibility and accountability to prove yourself as a successful individual in your journey. Be as performer and task oriented and result oriented. Winning mindset gives winning results. Mindful exercise gives mindful results. Willful exercise gives willful results. You are the key performer. You are the achiever. You are the creator. Be wise!



# Believe the power of perception

**The ability to see, hear, or aware of something is called belief.**

*“Everything that irritates us about others can lead us to an understanding of ourselves.” – Carl Jung*

Thought process is ultimate! An idea can change this world to great extent. Your thoughts are your actions. Your actions are your results. Your results will speak louder than you. They have more power than us. They will empower and enhance beyond the boundaries. They spread across the globe in no time. Time plays crucial role. Time management is part of the process. Your time is linked with your effort and skill set. Skill development leads us towards learning and improvement on regular basis makes an impact in our journey. It elevates us to the next level and enhances us to reach peak in reality. Decision making is the deciding factor when we are at cross roads to go which direction leads us to reach our destination safely and securely well in time is a million dollar question. Application of brain with mindful exercise gives us an opportunity to dare and dedicate then sacrifice to move forward with great zeal of enthusiasm to accomplish our goals depends on the quality of action we take up and implement it in an effective and efficient manner makes it happen in real life. Sufficient knowledge with close observation allows us to judge properly to proceed further is a key exercise to fetch the fruitful results in reality.

# Connect and Communicate

**Network is net worth, effective communication, effective leadership, effective people, and effective results.**

*“Before you speak, think – Is it necessary? Is it true? Is it kind?  
Will it hurt anyone? Will it improve on the silence?”*

– Sri Sathya Saibaba

Connections and conversations are like communicating with each other in different roles for different purposes at different times in different places on different occasions makes an impact and helps to convert them as useful and helpful in due course to meet the challenges that occur in our journey is identified here on this occasion. Sometimes an unknown source keeps us to be aware, awake, arise and allow to think for good cause keeps us to be alert at all times on all occasions at every stage with every one gives an opportunity to shake our hands with others to know the realities yields the fruitful results in no time. That is the power of connection. Every day is new opportunity to connect and contact more number of people keeps us to convert as our well-wishers in needy time. Business is crucial and critical. It needs to understand better with the likeminded people who gives us an opportunity to learn the techniques through various means matters and gives more respect to continue the relationship in long run. Acquiring knowledge is like assisting the people to help where required. Win-win strategy gives more strength. It enables us to perform better and plan well to equip and evaluate in due course. Connect and communicate.

# Brave Work

**Application, Planning and effective implementation and results speak better than us.**

*"It is courage, courage, courage, that raises the blood of life to crimson splendor. Live bravely and present a brave front to adversity." – Horace*

Effective planning and implementation with sunshine mindset purifies our mind with the efforts apply in time makes us to rise up and dress up to put one step forward to reach miles and miles in our journey on daily basis makes an impact on us and others as well. Consistent effort is a key exercise in this respect. Love yourself and your work is the first criteria. Evaluate and appreciate yourself at least once in a day gives lot of zeal and enthusiasm which inspires, empowers, enhances and elevates to the next level in reality. A little guidance and support with self-motivation keeps us to reach peak. Love and kindness play a key role in our routine. Do your best. Give your best. Hope for the best. You will get the best out of it. Believe! Belief gives everything. Confidence, Commitment, concern is key to become wise to plan well and perform better to implement in an innovative and dynamic approach makes it happen in real life. Will and desire play crucial role to achieve something as we expected. At the same time, our effort should be bigger than our goals. Then only things will happen in reality. Own your voice, shine your light like sunrays makes feel bright to create social awareness keeps us to do differently is brave work.

# Philosophy meets Faith

**Philosophical thought process, Confidence and trust leads forward, faithfulness gives courage, work alone gives results.**

*"The life of faith is lived one day at a time, and it has to be lived – not always looked forward to as though the 'real' living were around the next corner. It is today for which we are responsible. God still owns for tomorrow."*

– Elisabeth Elliot

While considering as an academic discipline the study of fundamental nature of knowledge, reality and existence is called philosophy. A systematic study of general and fundamental questions relating to topics like existence, knowledge, mind, values and language in critical way makes us to understand better to analyze and elaborate categorically in this respect. Philosophical thought process gives experience, reasoning, wisdom and knowledge on various aspects while studying to get the commendable knowledge provides more information to recollect and reconsider our views on different topics in different times and occasions. It works like a guiding factor on attitude and our behavioral aspects. Each one makes their own way of philosophy in real life. Help ever hurt never is the best one which keeps us in safe zone and gives us joy and pleasure. A stitch in time saves nine is another way of approach. Patience is a key for everything. Complete trust gives us confidence on somebody or something. Most of us will follow the personal and individual belief system based on their experience and realities happen in their lives will occupy the top priority. As human beings we live with hopes and aspirations and try to do our best in given time with available resources by applying our brain will run the show in our journey.

# Star seeds are highly advanced spiritual beings and souls.

**Galaxies, Evolved souls, Innovation, Healing, Creativity.**

*"We must strive unceasingly and without rest to accomplish the development of the spiritual nature in man, and endeavor with tireless energy to advance humanity toward the nobility of its true and intended station." – Abdul Baha*

Our own energy works out like a fuel and inspires us to empower and allows us to create great zeal of enthusiasm to make a new path to follow by others gives us as efficient and empowered individual to determine and dedicate to sacrifice and focus more on our desired goals. Listening music gives additional energy and enjoy the spiritual feelings to purify our inner feelings and makes our soul to feel happy with inner engineering. Age and gender is not the criteria here. Every soul have their own way of enjoying the present moments through various means like music, spiritual feelings, social activities and community growth makes an impact and feel happiness. It gives great relief when we sit and think alone keeps us cool in silence. Silence is gold. It gives so many messages if we hear carefully makes us to think rethink and absorb ourselves as individuals and expand our wings to fly high like a bird has no limits. It has high power and high value to generate the strength with high quality. Quality plays the role and it creates goodwill in long run. Always try to give something extra in different forms makes an impact. It helps to think, rethink, reconsider and value our services/products. It also makes us as brand ambassadors.

# Everyone has two eyes but no one has the same view

**It depends on perception, understanding, cognizance and vision.**

*"We have two eyes to see two sides of things, but there must be a third eye which will see everything at the same time and yet not see anything. That is to understand Zen." – D.T. Suzuki*

Eyes are same but the views are different. It depends on our perception. Each one think in their own way depending on various factors like look, understanding, awareness, consciousness, knowledge, acknowledgement, recognition, realization, cognizance, grasping power, impression, sense, observation, interpretation, belief, estimation, feeling, thought and so on. As a matter of fact, there are no two people's opinion will be same on same event or occasion in this universe. At the same time everybody will enjoy and receive with right point of view though the views are different. Human tendency is such we cannot deviate or differ them to agree as we think and do it in their own way give respect on both sides. Give respect and take respect is the best policy. We should not force the people to come in our way to accept and agree as we think. Each one has their own values, thoughts, feelings, ideas and judgments. Let us respect and keep our value to stand good and run the show with win-win strategy. Be wise and flexible to handle the things carefully to get the results with positive attitude. Respect given is respect earned. It is like a give and take policy. Let us look and enjoy the journey in given time with available resources.

# Answer your subconscious mind

**Self-evaluation, Self appreciation, Self-confidence, Self-motivation, Self-respect makes to think better.**

*"The power to move the world is in the subconscious mind. Your subconscious mind is a mind with infinite intelligence and infinite wisdom. It feeds on small hidden springs and is called the law of life." – William James*

Subconscious mind is like a watch dog and it works to help us to evaluate and appreciate, enhance and elevate to know the ground realities to understand better in our activities on daily basis. You are the best judge for yourself and you only will experience the facts and figures based on the efforts you put in on the task assigned and allocated makes an impact on your results. You only can identify and examine the truth to find out the results and compare the real picture gives the true information is key for everything. Inner engineering drives based on the strength with our ability to plan and perform in an effective and efficient manner makes it happen in real life. Then only we get peaceful sleep. Results are ultimate. Results will speak louder than us. They can spread faster than us. They cross the frontier and go beyond the limits across the globe. Your success is your strength. It alone shoulders your responsibility and accountability. It creates competition to grow and settle well with your effort. Effort is the key and a valuable asset for you. Effort alone yields fruitful results. Your effort will never go waste. It has its own strength. Believe! Belief gives confidence and courage to move forward in your journey.

# Success mindset leads to success journey

**A mindset shift for success set a goal and achieves it, practice human values.**

*"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." – Thomas Jefferson*

Self-motivation, self-confidence and positive attitude makes us to have success mindset. It helps to set a goal and achieve it. It creates discipline to learn through various means on regular basis to elevate and escalate to reach peak. Success is a journey not the destination. It creates leadership qualities. A leader is a reader. We need not read books alone. We can read so many things by observing, interacting, involving and absorbing ourselves through mingling, performing, achieving, sharing and caring makes an impact on us and others as well. Reading is a good habit. When we read we do not feel loneliness. We acquire more knowledge to understand better to know the ground realities. It helps us to plan well and implement it to perform better in an effective and efficient manner makes us to get the results in our favor. Shifting and transferring is great concept. Transformation helps to change our thought process with different mindset. It helps to achieve our goals with great determination and dedication to sacrifice and focus more on our activities. Adaptation gives scope to be flexible to create win-win strategy. Winning mindset and mindful exercise yields the best results. Visualization with firm mind makes us bright.



# Self-Improvement

**Self-evaluation, self-analysis, self-confidence, self-respect  
elevates us to the next level in real life.**

*“Self-improvement is the name of the game, and  
your primary objective is to strengthen yourself, not to  
destroy an opponent.” – Maxwell Malts*

Self-improvement is a great concept and it is a lifelong process. It inspires and empowers us in reality. It makes us to learn through self-motivation gives an idea to think differently and move practically by applying our skills makes an impact on our part and others as well. Consistency is key for everything. Evaluation and appreciation yourself is an art to analyze and examine all your movements and results we get on daily basis keeps us to fit ourselves as per the needs and requirements. Self-analysis helps us to understand better to plan well and implement it effectively and efficiently to know the ground realities. Self-analysis is the first step to analyze our own traits, beliefs, strengths, knowledge and skill levels, values and behavior keeps us to learn and improve based on the sources available in given time makes some sense and gives meaningful results. Self-awareness is nothing but scrutinizing our own condition at present makes us to strengthen further to move forward with one step makes us to reach miles and miles in our journey to reach our destination is key in real life. Change is must and mandatory to transform and allocate the time to provide tools for acquiring skills will yield the best results in practice.

# Love and Compassion

**Understanding, sympathy, sensitivity empathy, good faith  
creates long term relations.**

*"A heartfelt of love and compassion is the main source of inner  
strength, willpower, happiness, and mental tranquility." – Dali  
Lama*

A smile is symbol of success which leads us towards peace and prosperity. Love adds to smile to reach more likeminded people to share and move together to focus more on our desired goals to learn and improve on regular basis makes us to reach our destination safely and securely in our journey. Togetherness gives more strength. It creates team spirit. It makes us to think wisely and widely. Broad mind keeps us to be alert, aware and awake, arise and allow people to tell and listen them carefully. Listening is an art. Patience is key for everything. It creates spiritual feelings in our minds and helps us to change and transform us towards positive attitude. As a result, we can think better and the best with innovative and dynamic approach makes us to set ourselves as useful and helpful to the most in real life. Helping nature is a great quality. Help ever hurt never is the best way of approach. Timely action gives timely results. Results are ultimate. They speak better than us. They shout loudly and spread faster than us across the globe and give name and fame. It also shoulders more responsible and accountable in our day to day life. Life is like a journey. We have to move on in this universe. Success is a path to move forward.

# Trust your gut

**Teamspirit, Teamwork, Believe yourself, Love your work.**

*"Always trust your gut and your intuition  
will steer you right, every time." - Charisma Carpenter*

Doubts are like speed breakers they will not allow us to rush up and jump in to the conclusions in rapid way to move forward in our journey to reach our destination quickly and easily. Trust your gut to create confidence and courage and determine to dedicate and sacrifice to focus more on your goals with your experience and the skill levels you have on hand makes an impact on your results. Never deteriorate or under estimate yourself that you cannot do it and it is difficult to perform to achieve makes further demoralize and makes you to fall down to accept the defeat in reality. Instead, feel more that you have potentiality, understanding capacity, willpower, strong burning desire, learning attitude, co-operation and co-ordination with listening behavior elevates you to enhance and upgrade to the next level in real life. An effective communication is key in this respect. Strategic planning with effective implementation makes you to reach new heights in reality. Do it right now is the best policy. Live in your present and forget past and use your past experience as a lesson in present makes you to move forward towards your future with concrete results makes the building strong to live longer period. It is step by step process.

# Time is Priceless

**Time is precious, Time management, Do it on time.**

*"Time is free, but it is priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you have lost it, you can never get it back." – Harvey Mackay*

Time is precious. Utilization of time is in our hands. If we utilize it effectively it gives fruitful results. Once lost will not get back. Time management is crucial in our activities and the way of life we lead on daily basis makes an impact on us and others as well. It is a God given gift to all of us. Everyone has same time irrespective of the status we have in this universe. It is in our hands to allocate and work out based on the needs we have and prioritize one by one to complete our tasks and get the best results in given time with available resources is a key exercise. Application of brain is essential. Let us plan well and do it on time gives peace of mind along with joy and pleasure in our journey. Life itself is like a journey and it will not wait for anybody. When time comes we have to move and go too far and far away from this world beyond the limits where we cannot even see physically and imagine from out of space. Life is like a bubble. We do not know what happens in the next moment. Do your best. Give your best. Hope for the best. You will get the best. Believe! Belief gives everything. We are one among others. We are part of this world. Live, love, grow together. Unity gives more strength. It gives peace of mind.

# Silence is reaction

**Silence is gold; listening is an art, listen carefully.**

*“Silence is the best answer for all questions” – Smiling is the best reaction in all situations.” – Motivational Quotes*

Silence is gold. Silence itself is reaction and gives lot of meaning if we observe carefully we get lot of feedback from an opposite person who observes, digests, reconsiders, analyzes and evolves make lot of impact on us and others as well. Listening is an art. If we listen carefully we only can understand better to know the ground realities to plan well and perform better to fetch the fruitful results in real life. The nature itself provides lot of information out of our silence through various means will come out the truth if we have patience. Patience is key to become whispered and soft. It indicates our awareness, ability, braveness; maturity and broadminded way of thinking makes in others mind to give more respect and priority to prefer and gives more weightage to our opinion. Silence is superpower. Feel to heal is a great concept. When we feel we get some kind of relief and our agony comes out through our feelings heals out everything. We are breathing means we are living in this universe. Self-love, self-care, self-trust creates self-confidence and allows to learn more and more through various means elevates and enhances us to reach peak in reality. Take deep breath as many times as possible to get more relief and care.

# Entrepreneurship

**Industrious, Preserving, Determined, Productive, Dynamic.**

*"Being an entrepreneur is a mindset. You have to see things as opportunities all the time." – Soledad O'Brien*

Ambition, inspiration, motivation, innovation, determination, dedication, discipline, love and kindness drives us towards entrepreneur's approach and allows us to think in that direction on daily basis makes an impact in our thought process to move forward with one step to reach miles and miles in our journey to reach our destination safely and securely well in time is the best way of approach in reality. It boosts and ignite the power within helps us to get more strength and complete the tasks on hand quickly in rest of the day. It helps to plan well and prioritize our tasks to perform effectively and efficiently in a designed manner well in advance. Set a goal and face the challenges that occur while moving gives thrill and will to achieve the goal to set an example to others feels joy and pleasure. Every day is a new opportunity to raise up and get up to dress up with inspiration in motivational approach keeps us active and alert in our activities throughout the day. Action alone yields the fruitful results. Our effort should be bigger than our dream. Then only things will happen in real life. Be realistic! Be practical and genuine. Be trustworthy. Fairness gives faithfulness. Is task oriented! Is result oriented! Proceed!

# Nature is God given gift

**Natural Resources, Mother Nature, Clean and green,  
environment protection gives free breathing of fresh air gives  
longevity of life.**

*"Nature is considered to be God's territory. It is where we feel an awareness of truth and a sense of closeness to that field of energy which created all that is – Susan Barbara Apollon*

Happiness and satisfaction gives peace of mind. Be happy with available resources in a given time makes to plan well and perform better with an innovative and dynamic approach makes us to learn and improve our skills in required manner elevates and enhances us to the next level in reality. Thought process is ultimate. An idea can change this world to great extent. Attitude is key for everything. Positive attitude is like a seed if we sow it in our mind it grows gradually to become a plant and tree to give shade and makes a path to set an example to others. It creates thunders in clouds and generates lightning to form the rain and nature becomes cool to reduce the heat and makes us to feel joy and pleasure. As a result, the crops will grow better and get the water to drink and ponds will fill with full of water to meet our needs. Nature is like our mother. The mother land is covered with full of trees, lakes, canals, rivers, seas, sky, air, fire, water, mountains and earth. It takes care of our needs and wants. Let us feel joy by protecting the nature from all kinds of threats makes to protect ourselves and take care of our own future generations keeps us healthy and wealthy in all respects. We are here to enjoy the nature. Protect!

# Self-care and Self love

**An empty cup cannot pore to others, be strong and stable.**

*"It is not selfish to love yourself. Take care of yourself, and to make your happiness a priority." – Mandy Hale*

Take care of yourself first. Be strong and equip yourself in all respects to lead a happy and peaceful life gives some kind of satisfaction. Prioritize your desired goals and try to fulfill with learning attitude makes an impact and make it happen in reality. Empty stomach cannot fill other's bowl. Make sure yourself to fill your stomach and fulfill your needs first. Then you can think about in and around. Get relax and satisfy yourself which gives scope to think about others. As an individual one has to take care of personal and family needs then feel to take care of social needs gives scope to grow better together which gives an immense pleasure and satisfaction. Collective responsibility gives collective results. Team work is essential and empowers and enhances us to the next level in real life. Share your success with others is part of the exercise. It experiences respect in the minds of others. Love and kindness are crucial and very important to grow horizontally in this universe. Social responsibility is must as a human being. Human values are human connections to respect each other to share and care. Share your knowledge, time, service, product or anything for that matter creates self-satisfaction and gives peace of mind.



# Begin with practice

**Practice makes perfect, Willpower leads forward, Move forward.**

*"You become what you consistently practice. So practice consistently what you want to become."* – Inspirational Quotes

It is true that every expert is once a beginner and struggled a lot with lot of zeal, enthusiasm, burning desire, ability, strength and effort with learning attitude gradually proves and performs consistently makes to evaluate, enhance, analyze and accept the facts to realize and recollect to understand better and improve to reach peak is fact. As beginner we expose ourselves to the challenges that occur and experience them while practicing makes an impact on us to prove with the skills acquired gives confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals makes us an expert and efficient person in this world. As a result it reduces stress, struggle, pain, ill feelings, sad and worries throw away from us and invite enjoying the journey with love and affection makes to create new path with an innovative and dynamic approach feels joy and pleasure. Willingness and mindfulness keeps us to be strong and stable to get more strength to plan well and perform better to fetch the fruitful results in our activities. Most of us will fear to begin with new work at the beginning. Evaluation and appreciation makes our journey to move smoothly like a sail in the boat. Flexibility works like a spring.

# Positive Mindset

**Forgive and forget, Love and kindness, Live and love.**

*"Spread love everywhere you go. Let no one ever come to you without leaving happier." – Mother Theresa*

Mindset is ultimate! Never carry negative things in your mind and be burdened to carry with you wherever you go and struggle yourself to create stress and pain makes you to feel discomfort and disability. Just ignore and forget the things which are not important and unnecessary things gives you great relief and feel joy and pleasure to create an environment with good culture makes you to reach new heights with positive attitude. Forgive and forget is the best way of approach. It needs lot of effort to put in practice keeps us to mingle with likeminded people to share and care for the sake of our own health and others as well. As long as our intentions are good we need not worry about the events, incidents, comments, rumors, allegations, statements, arguments and declarations everything will wipe off slowly one by one. Truth is truth. Truth is like fire. It stands on its own and survives longer period. We need not worry much. Let the time passes and proves on its own. We need not carry anything with us. Be frank and fair to lead the life peacefully. Pleasantness gives fairness. Fairness gives plainness. Plainness gives plenty of joy and pleasure with peace of mind. Be firm and fair to yourself. It is your big asset.

# Believe Yourself

**Self-confidence, Self-evaluation, Self-respect, Self-help makes a dynamic personality, Be trustworthy, be task oriented, be result oriented.**

*“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.” – Motivational Quotes*

*“You have to believe in yourself when no one else does – that makes you a winner right there. ” – Venus Williams*

Never compare with others instead compare with your past and follow accordingly. That means you are the competitor to yourself. Compete with you within and stand in front of the mirror immediately after getting up from your bed challenge yourself and plan accordingly. Self-evaluation, self-motivation, self-learning, self-appreciation gives self-confidence to learn on your own and improve yourself to large extent and gives scope to extend your coordination and cooperation expands the opportunities arises through various means makes an impact and creates new pathways to generate in an innovative and dynamic approach allows you to be alert, aware, awake, arise and show your strength at the ground level by applying necessary skills yields the fruitful results in reality. Believe yourself and update yourself to upgrade elevates you to the next level in real life. Learning is a continuous process. Your life is your experience. You are the best teacher for yourself. You are the key for everything. You only can do anything and everything. Nothing is impossible in this world. Your effort is your valuable asset. Togetherness gives more strength. It creates

teamspirit. Teamwork helps us to grow together. Share your success with others.

Your ideas are your own. Believe and follow them. As long as our vision and intentions are good we need not worry much and people will try to understand better slowly and steadily. Everything takes time. We should have patience. We should not rush up and expect instant results. It never happens. Time is crucial. Mere the desire alone will not work out in reality. It depends on so many factors will work out beyond our imagination and involvement. That is called the power of unknown and unseen. Believe! If we believe we can see and understand with our own perception. When we understand everything we become free and frank and enjoy the fruits in due course. It gives us an immense pleasure and satisfaction. Your dreams are your asset. You work out consistently till they realize and resolve to fetch the best and materialize in real life. Where there is will there is way. Willpower has great opportunity to involve and digest everything with thorough understanding from the ground level gives more clarity to plan well and perform better to fetch the fruitful results in reality. Consistency helps to prove you as a successful and growth oriented personality. Discipline is the root cause of everything. It makes you to move forward. Try!

# Positive influence and support

**Positive attitude, forward thinking, guidance and support leads us towards innovation and dynamic approach.**

*“Never under estimate the power of dreams and the influence of the human spirit. We are all the same in this notion: the potential for greatness lives within each of us.” – Wilma Rudolph*

Your success is not yours alone. There are so many unknown sources are there behind your success. People will contribute directly or indirectly along with nature, time and resources available in that situation makes an impact on you and your success. Please realize, understand, recollect, recoup, revive, determine, dedicate, sacrifice and focus more to share your success with others accordingly. Sharing is caring. A true leader can understand better and mingle with people to plan well and organize to implement in an effective and efficient manner to achieve the goals as a team creates team spirit and togetherness gives an immense pleasure and satisfaction. Success is a journey not the destination. Success path will flow like river Ganges and continue forever to take care of our needs and requirements in all respects at all times on all occasions. Inspiring and empowering the team is part of leadership quality. A leader is a reader. The leader can understand better the needs of their people. The true leader lives in the hearts of people forever. Leadership is an art. Everybody cannot become a leader. Growing, living, loving, sharing together makes an impact. It brings some kind of change among the people to shine fine.

# Live in your Vision

**Be practical, be reasonable, be reliable, and be respectful.**

*"You see things; and you say why? But I dream things that never were; and I say why not?" – George Bernard Shaw*

Live in your present to aware, awake, arise, inspire and empower to motivate yourself with a step forward makes to reach miles and miles in your journey to reach the destination safely and securely well in time is the right way of approach. Your present tells everything clear and crystal. It is like a guide to open your heart and feel yourself to realize to recollect and respond to plan well and implement it effectively and efficiently to perform with an innovative and dynamic approach makes you to become sensible and useful citizen of this universe. Present moments are most valuable and useful to recognize, reconsider, review, resolve reserve, retrieve your own strength to exhibit in the form of action makes an impact with tremendous results and gives an immense pleasure and satisfaction. I strongly believe that Marlene Foster, David Hansen, Jack Everly, Alden Darville, Will Sullivan and Michelle Cordy are my guides and inspirers to motivate, empower, enhance myself and transform to improve with learning attitude made me to become the blog writer and author in many respects. I would like to show my gratitude to them through this platform on this occasion. Live, love then awareness is key for success. Knowledge is powerful.

# Throw yourself

**Be like a bird, believe your own wings, and prove yourself.**

*"Throw yourself wholeheartedly into your work; the more you enjoy it, the better you get it." – Brain Tracy*

Change alone makes us to grow well. It is always better to throw ourselves out of the box and stay alone to prove yourself by expanding your wings like a bird to fly high in open sky. It gives an opportunity to learn, relearn, revive, revise, rectify, realize, and open our eyes to know the facts of life to determine and dedicate, sacrifice, focus more on our desired goals will make it happen in real life. It also gives an exposure to experience on your own when you stand alone which creates confidence and courage to face the challenges that occur in our activities to fulfill and plan well to perform better and implement it in an innovative and dynamic way makes us to grow well. Throw yourself outside to fly high and prove like a bird to believe on its own wings none other. Always believe that your effort is your valuable asset. Willpower leads everyone to put a step forward to reach miles and miles in our journey helps to make it happen in real life. It gives an immense pleasure and satisfaction. A satisfied person is better than a successful individual. Always move from your comfort zone to challenge zone to learn which allows you to live zone from there to growth zone makes you to reach victory zone. Transform and inspire yourself!

# Effective negotiator

**Win-win strategy, bargaining, Effective communication, better understanding, willingness to involve and handle the situation is an art.**

*"Negotiation is not a policy. It is a technique. It is something you use when it is to your advantage, and something that you don't use when it isn't to your advantage." – John Bottom*

Credibility, trust, character and personality of an individual are like four pillars to strengthen the building to stay long and helps us to negotiate better to continue and run our own business the way how we like. Win yourself before winning others. Discipline is the root cause of everything. Do your duty. Duty is Divine. Work is Worship. Learning and development is next step to update ourselves to upgrade to the next level makes us to elevate, evolve, equip and praise by others. Providing information with an effective communication helps us to negotiate better to prove ourselves that we are worth considered and competent individual in given time and the sources available makes the buyer to prefer and follow us. Speaking is an art with our presentation to attract the audience in frame mind makes them to accept the deal in ideal manner with our approach keeps them to fix and move forward to continue the relationship in long run. Fit yourself in others shoe is an art while negotiating and follow the win-win strategy allows to bargain and close the deal where required is an art. Try to build confidence levels to strengthen further the relationship lives longer period. Then only things will happen as we wished and felt in reality. Empower!



# Actions are results

**Be practical, be realistic, be task oriented, be result oriented,  
be with positive mindset, be genuine.**

*"Deeds are better than words are, Actions mightier than boastings."*

– Henry Wadsworth Longfellow

Our actions are more powerful than our silence. No doubt, silence is gold. At the same time our actions will shock the opponents and make them sleepless. It gives them surprise and thunderbolt in many ways. Stunning results are astonished their expectations and shake their roots differently with unpredicted and unforeseen events that occur than they expected in real life. Mindset is ultimate! An idea can change this world. Strong willpower with determination, dedication, sacrifice and focus makes the situation changes the ground realities. Under estimation, less calculation of your opponents teaches great lessons in reality. Confuse them with silence and shock them with your actions is a tough exercise. Confusion leads towards lack of knowledge, under estimation, taking light leads to negligence, lack of co-ordination and co-operation gives bad experience and worst results. Sometimes over estimation is more dangerous which leads us towards wrong path in wrong direction takes us to get the wrong results. We fail in our activities and action plans and deteriorates our way of approach in the ground level teaches us more lessons when we analyze and realize by that time everything happens and it is out of our control beyond our imagination.

# Elevate your Leadership

**Promote, Upgrade, Advancement, Improvement, Dignify.**

*"Before you are a leader, success is all about saying yourself, if your actions inspire others to dream more, learn more, do more and become more, you are a leader." – John Quincy Adams*

Elevation is nothing but evaluation, appreciation, upgradation, raise up or boost yourself and your people to the next level by applying skills and plans with strategies to implement and perform thru various means makes an impact in leadership game to large extent to bring some changes on either side to grow in a systematic and dynamic manner with an innovative approach keeps us to strengthen over a period of time. It is a fact that as a leader one has to struggle to prove as a successful individual through effort and ability and train the team to learn more and more with skill development programs gives confidence and courage among the team members to determine and dedicate to sacrifice and focus more on their desired goals. Will power is the root cause of everything. Burning desire helps to initiate and allows us to move forward with great zeal of enthusiasm to put a step forward to reach miles and miles in this journey. Consistency gives awareness to awake and arise and understand better to know the ground realities at bottom level. A leader is a reader who can read and visualize the future to create a path with an innovative and dynamic approach makes the things in better manner. As a result it yields the fruitful results in real life. Results are ultimate at the end of the day. Results will speak louder than us. They give recognition and make us to feel more responsible and accountable.

# Actions better than Words

**Silence is gold, action is powerful, and results are ultimate.**

*"Actions speak louder than words. We can apologize over and over but if our actions don't change the words become meaningless."*

– Simple Reminders

Our actions are more powerful than our words. While using words we should be careful and cautious then deliver them with great precaution. Once delivered we cannot take back. It has already gone and broadcasted in the world at large and crossed the continents. We cannot take them back. It is always better not to speak and work out your plans in determined manner and show your force in the form of performance makes an impact on the part of receiver and they can understand better and the best in reality. Your actions will speak in the form of results. They can spread faster and louder than us. Is action oriented? Is result oriented? Talk less and work more. Work is Worship. Duty is Divine. Do your best. Give your best. You are the best in this world. People like to work and perform better and the best. It inspires and empowers others. It makes them to follow with great respect. Our respect will increase in the minds of others if we talk less and work more. Work alone yields the best results. It makes us to move together as a team and create the spirit with love and affection to grow together as a team. Team work is ultimate. It gives strength and stability to move long in our journey and trust you.

# A Good Word

**Wisdom, Attitude, Personality Development and skill development creates good culture in real life.**

*"You don't always need to understand your journey in life; you just need to trust that you're going in the right direction."*

– Steven Aitcheson

Words are like birds fly from one place to the other and raise in the sky high without frontiers across the globe and allow us to misunderstood very fast with rumors and gossips without any weight. They sail like a boat in the river smoothly without fear freely and frankly in the minds of people to grow like a nest. It is in our hands to believe or not. Belief process is a great concept. If you believe blindly people will tell anything and everything. Application of brain is vital and valid to work only on good things to hear and spend our most valuable time on good friends, associates, company and society at large keeps us busy not to have time to listen and hear the unnecessary and unwanted things in this world. Wisdom is a God given gift. Attitude is our view point and frame of mind to posture us to grow with positive mindset allows us to move with right people at right time in right place for right cause with right spirit makes us to become the right person in this world. Friends circle, neighborhood, society, parents and teachers will play vital role in this respect. It is not one day affair whether to be good or bad it is a lifelong process. We have to cultivate this habit right from childhood. Seed will grow as a plant and spread it like a banyan tree with deep roots to create our structure in such a way that it makes an impact on the part of society at large. As an individual we have to cherish ourselves like an eagle and never compromise to stop in middle till you reach your goal by hearing good words and doing good things to set an example to others.

# Faith moves everything

**Confidence, courage, determination, dedication, sacrifice  
makes us to move forward to reach our destination.**

*“Faith is unseen but felt. Faith is strengthened when we feel we have none. Faith is hope when all seems lost.” – Unknown*

Your faith alone can even move rocks, mountains, and solid walls or anything for that matter strong willpower will shake this world to great extent. It has its own value. Determination, dedication, sacrifice, vision, strategic planning with innovative and dynamic approach inspires and empowers us within to ignite the power in the form of lightning and thunders will create the heavy rainfall which break the hills and mountains to make the flour and spread the surroundings in fearful way to bring some change among the people to realize and recollect them to bring normal to lead their lives in systematic and dynamic manner keeps them to feel happy. Self-motivation, self-evaluation, self-appreciation and commitment are key for creation of innovative mindset proves a great thought process to love and live in this universe. Self-talk leads us towards self-evaluation and appreciation gives respect to lead the people in desired way for attaining the results makes us to become a leader to lead the people for common cause makes an impact on us and others as well. Faith alone will construct the wall brick by brick to make foundation strong at the time of laying the foundation makes happen to complete the building to stay longer period in reality.

# Professional Wellness

**Self-discipline, awareness, broad thinking, self-respect leads towards positive direction to learn and improve on regular basis in reality.**

*"I would like you to be reminded that the word medicine and the word meditation come from the same root. Medicine means something that can cure your body, and meditation means something that can cure your soul. Meditation is meditation only because it is a medicine for your inner most illness." – Oslo*

The real truth is rest and the best weapon for good sleep behind our activeness, productivity, creativity, awareness and imagination to overall well-being. It helps to regulate our emotions, feelings, handling activities at work place easily to manage and organize well in our daily works. It sharpens our brain to focus more and sacrifice makes in great way effectively and efficiently. Sound sleep helps to regulate emotions making it easier and conveniently. Energy and vitality gives zeal and enthusiasm to move forward in our journey to fetch the fruitful results in real life. Self-care, self-discipline, timely action, planning and implementation gives lot of spiritual feelings with energy keeps us to get up and dress up without any difficulty and unwanted warrants to avoid risk and makes to feel joy and happiness in reality. Peace of mind is the root cause of everything. It is better to keep our mind fresh as much as possible with day's activities and reserve it for next day gives more clarity. A well-rested professional is an asset to the organization in long run to create more productivity and keep the organization healthy and wealthy. Food habits, physical exercise, good health, habits, planning and effectiveness keep us fit.

# Transforming performance

**Transformation helps to grow, Vision gives more clarity, Consistency helps to learn, and Learning is life long process.**

*“Real transformation requires real honesty. If you want to move forward – get real with yourself.” Bryant McGill.*

Gender dynamics intelligence coupled with corporate heart international transforming performance is cutting edge training program designed to transform with an innovative and dynamic approach at work place helps us to communicate more effectively and efficiently to elevate and enhance us to the next level gives us an immense pleasure and satisfaction as a participant and learn new skills to apply in our professional activities throws the light to shine bright like a star in dark sky. Both men and women play an active role in this respect to contribute their level best for the growth of an organization and its culture makes an impact on the part of people at large through skill development. Let us focus more on our desired goals with great determination and dedication to sacrifice with consistently sharpens our brain with positive mindset. Willpower is ultimate. It creates burning desire to get more strength through various means makes an individual to update and upgrade stage by stage keeps with good health to grow in the ladder. Discipline with positive mindset visualize for strategic way of approach in all respects encourages forming as a team and creates team spirit among the people allows growing together with great respect.

# Ignite your potentiality

**Success path, know your strength, create your path.**

*"To ignite your life you must focus on one thing long enough for it to catch fire."* Gary W. Keller

Conflicts are like speed breakers and rough roads will not allow to move smoothly while driving and makes us to apply breaks very frequently to slow down the vehicle and interrupt our journey to make the delay and pause us causing interventions to teach a lesson makes us to become strong and stable to prepare ourselves as dynamic personality in reality. It is step by step process and takes some reasonable time to understand the ground realities to aware, awake, arise and assure us to grow systematically stable and strong through learning process. Obstacles, hurdles, difficulties, discomforts, strains and struggles are part of the process. We have to prepare and proceed further with planning and implementation by crossing the bridge slowly and steadily makes sense and yields the fruitful results in real life. Rome was not built in a day. All the glitters are not gold. A stitch in time saves nine. Help ever hurt never is the best policy. Thought process is ultimate. An idea can change this world to great extent. Positive attitude and dynamic approach makes us to determine and dedicate to sacrifice and focus more on our desired goals. Responsibility and accountability are keys to set boundary and limit ourselves by knowing the facts.



# Open Innovation

**Transformation, renovation, alteration, variation gives scope for flexibility.**

*"Innovation is not born from the dream; Innovation is born from the struggle." – Steve Jobs*

Application of knowledge, imagination, experience, creation, presentation, thought process, finding solutions, solving specific problems, seeking help in better manner makes an impact on us and others will fall under the head of innovation with dynamic approach elevates and enhance us to new heights in real life. It is one of the strongest methods to apply by updating and upgrading ourselves on regular basis keeps us to fit in the position where we recruit to work and gain the organization in multi folds as a team. It also helps to improve and grow with the team collectively and confidently. Collective effort is key in this respect. It gives an opportunity to grow with learning attitude makes us as effective and efficient person by sharing and caring as a group. Togetherness gives more strength. It gives ability to perform better and the best. Open innovation gives scope to learn, improve, share, care, contribute, convince and confirm the people with explanation and exhibition of skills where required keeps us to stand in first row all the times. As long as our intentions are good people will invite and encourage us to grow in dynamic and systematic manner. It also helps to play a key role and grow as a leader. Leadership is an art.

# Genuine Leadership

**Effectiveness, faithfulness, skillful, awareness, helping nature keeps the leader to live long in the hearts of people.**

*“A genuine leader is not a searcher for consensus but a molder of consensus.” – Martin Luther King Jr.*

An individual who can inspire, empower, enhance, elevate, improve thought process through awareness with others is called a real leader. Leadership is not a title or badge to display. It needs involvement, excitement; availability makes the leader to safe guard their own people lives long in the hearts of followers. Determination and dedication with sacrifice makes the leader to focus more on desired goals to save the community. Growth and development is the main concept of the leader to take care of their own people at all times, on all occasions, at every stage gives an immense pleasure and satisfaction. Leadership is a gut exercise. Everyone cannot become a leader. The leader is a reader. All the readers cannot become leaders in real life. Being a leader one has to learn and understand better to know the ground realities to plan well and perform better in an effective and efficient manner to update and upgrade on regular basis. Consistent effort gives consistent results. Effective communication helps to grow as leader by sharing the views with others. A leader should have vision and strategic way of approach. Then only things will happen in reality. Trustworthiness is the top priority. Help ever hurt never is the best policy.

# Greed and Generosity

**Excessive and selfish desire, high-mindedness, over expectation makes an individual towards tough and difficult roads.**

*“Generosity is giving more than you can, and pride is taking less than you need.” – Khalil Gibran*

Having an excessive desire towards power, wealth or anything for that matter leads to gain more and more without ethics falls down at one stage or the other makes us to feel strain, struggle, restless, worries, ill health, name and fame goes out of the wall finally throws in difficulties. Generosity gives magnanimity, liberality, unselfishness, bounty, kindness, benevolence, high-mindedness, self-sacrifice and goodness. Love alone makes to reach more and more people. It makes to be fair and frank to behave properly with everyone. If we cultivate this habit day by day we grow together like banyan tree which helps to create path for giving shade to others. Encourage your inner guts to nurture the positive attitude with an innovative and dynamic approach keeps us to live and love together in longer period makes us strong and stable in this universe. Human values are utmost important. Humanity is part of nature. It gives wisdom to think better and do the best in real life. Every day is new opportunity to start with one step forward makes to reach miles and miles in our journey to reach the destination safely and securely well in time is right way of approach. Cultivate this habit from childhood. Parents play key role in this respect.

# Effective Communication

**Sunshine mindset, own your voice, shine your light.**

*"The ability to communicate is the ability to connect, and that's what building relationships are all about." — Tony Robbins*

Written communication improves writing skills coupled with growth of orator skills makes an individual to express and exhibit the skills learned through various means proves to stabilize, evaluate, encourage and analyze the situation prevailed based on the information available gives more clarity. It also improves and increases our confidence levels and gives courage to determine and dedicate to sacrifice and focus more on our desired goals. Effective communication helps to interact with more number of people and reduces uncertainty and controls everything in our hands in enhanced manner through reading and learning attitude as a leader. It inspires and empowers us by reducing the stress, strain, tension and worries from different ways gives more strength and ability to perform and plan well in an innovative and dynamic way makes us to create winning mindset. Mindset is ultimate. An idea can change this world to large extent. Mindful exercise gives mindful results. Winning attitude creates win-win strategy. Collective bargaining is one of the ways to construct bridge between two people or an organization for those matter even two nations makes an impact and yields the fruitful results in real life. Where there is will there is way.

# Hopes and Aspirations

*"The future belongs to those who believe in the beauty of their dreams."* – Eleanor Roosevelt

*"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."*  
– Michelangelo

*"Shoot for the moon and if you miss you will still be among the stars."* – Les Brown

*"Intelligence without ambition is a bird without wings."* – Salvador Dali  
*"Realize what really you want. It stops you from chasing butterflies and puts you to work digging gold."*  
– William Moulton Marston

## **Believe, Belief makes everything,**

*"Never lose hope. Storms make people stronger and never last forever."*

Hope alone makes us to aware, awake, arise and act upon based on the situation prevailed in given circumstances with the time available gives us an opportunity to think better and the best then plan well and perform accordingly makes some sense and gives the meaningful and valuable feedbacks to proceed further with one step forward to reach miles and miles in our journey to reach our destination safely and securely well in time is the right way of approach. Mindset and attitude helps to become wise and transforms us to a new world to think with an innovative and dynamic way through our experience makes us to trust and execute better gives confidence and courage to gain more

knowledge through learning various means allows us to reach our desired goals in real life.

A violent disturbance of the atmosphere with strong winds and usually rain, thunder, lightning, or snow as part of the storms turn into the rainbow because of our own positive attitude transforms everything with light even the darkest paths with hopes and aspirations. Believe! Belief gives everything. Strong willpower is key for everything. Your life is your experience. You are the best teacher for yourself. Effort alone yields the fruitful results and valuable asset.

# You are what you eat and digest

**Healthy eating habits, healthy diet, nutrition food.**

*"The first wealth is health. " – Emerson.*

*"Exercise is king, nutrition is Queen, put them together and you've got a kingdom."*

*"Our food should be our medicine, and our medicine should be our food." – Hippocrates.*

Cleanliness is close to Godliness. It applies everyone, everywhere, every occasion, at all times irrespective of the place where we stay and live keeps with good health and fresh mind keeps us to be alert, aware, awake, arise, allow, appear in our daily life makes to mingle with likeminded people gives more strength to handle the situation that occurs confidently and constructively. Protein deficiency is a common problem and it is one of the healthy eating habits we should focus more on our health. Out of sight is out of mind. Focus more on healthy snacks starting from breakfast, lunch and dinner gives us more strength to plan and perform better coupled with good exercise makes us to fit in all respects and leads to create healthy environment at home and abroad. Be mindful while eating and listen your body to follow the instructions given will certainly help to control, communicate, confirm yourself to set right and come to normal to do the rest with others. Drink plenty of water as many times as possible. It always cleans your stomach and purify the solids consumed will help to digest freely and comes out in natural form. As a result we feel comfort and convince ourselves to do our normal work in routine manner which gives free hand. Health is better than wealth. A satisfied person is better than the successful individual. Do not beat yourself up! A small change makes big difference. Focus more on forming healthy habits. All the best!

# Rejection is powerful motivation

**“Rejection is not a reflection of your worth, but a redirection to something better.”**

*“Rejection just motivates me to keep trying and to try to do better.”*

*“Rejection is a catalyst for discovering your true potential.”*

*“If a circle shuts you out, draw a circle around it.” “Learn to eat rejection; it will make you stronger.”*

*Rejection is a fact of life that is difficult to deal with. Nobody wants to believe that they are insufficient. But, being rejected indicates that you still have something to learn, which will help you.*

*Self-motivation, self-evaluation, self-appreciation motivates us.*

*“Rejection is not failure. Failure is giving up. Everybody gets rejected. It is how you handle it that determines where you will end up.” – Richard Castle*

Rejection is the most powerful motivation which inspires and empowers towards learning and challenging zone and throws us from comfort zone. It also makes us to realize and analyze to evaluate and enhance to the next level in reality. It keeps us to think and re-think to know the ground realities and strengthen us to understand better to plan well and perform better and the best. It hits our ego and makes us to become sleepless nights till we accomplish our goals is the best way of approach. It works like a stepping stone to climb high and high to make the limit as sky.



Life lessons are essential to gain more and more experience and works as teacher in real life. Your life is your experience. You are the best teacher for yourself. Learning is a lifelong process. Do or die is the best policy.

Do it right now is a good habit. Obstacles and hurdles are part of the process. Nothing happens without struggle. Your effort is your valuable asset. Effort alone yields the fruitful results. Results are ultimate. They speak better than us. Silence is gold. It gives lot of information by planning, performing, prospecting, proving and achieving our desired goals by implementing in an innovative and dynamic approach makes it happen in reality.

# **We must be the change**

**"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."**

*"We must be impatient for change."*

*"When in doubt, choose change."*

*"All great changes are preceded by chaos."*

*Change yourself, Change within, Feel yourself.*

*"Be the change that you wish to see in the world."*  
— Mahatma Gandhi

*"Change is the law of life. And those who look only to the past or present are certain to miss the future."* – John F. Kennedy

*"True life is lived when tiny changes occur."* -Leo Tolstoy

*"The people who are crazy enough to think they can change the world are the ones who do."* - Steve Jobs

We must be the change within through our feelings, observations, vision, understand, digest, expression and actions upon people makes an impact on us and others in real life. State of consciousness is aware, awake, arise, alive, alert to respond with mindful exercise helps us to think in better way and brings some kind of change through our wisdom and attitude. They play vital role in our behavior while moving and interacting with people send the signals through our mind to control ourselves with positive mindset maintains to negotiate and

adjust ourselves in given situation with available resources to proceed in our journey smoothly and safely. Seeking ourselves to change and transform on daily basis makes us to become a dynamic personality over a period of time. It is a step by step process. We cannot create it overnight.

A small kind of sympathy, kindness, compassion, empathy, concern, sensitivity, feeling and understanding itself set an example to others as trendsetter, role model, and successful individual helps to grow and prove ourselves as star performer. It is not an outsource event to hire and recruit from external sources. We have to cultivate brick by brick and lay the foundation as solid to live long strongly forever.

# Recharge yourself connect nature

*"Taking time to do nothing often brings everything into perspective."*

*"Take your time. Re-charge and come back stronger."*

*"Taking time to rest, renew, and refresh yourself isn't wasted time.  
Re-charge."*

*"Refuel your soul, love. This is a long drive."*

*"Renewal is necessary for recharge."*

It is often said that the best way to recharge yourself is to unplug yourself from your daily duties for some time. To be fully alive, you need time with God to re-charge. Normal is not working. Re-charge your mind more than your body. Choose what gives you the most peace and energizes you, and do it over and over again until you feel like yourself. Please sit back and relax for a while and when you bounce back. Make sure it is stronger than anyone else. Environment protection, conservation of natural resources, bio conservation helps to live long. Mother Nature is God given gift. We are part of the nature. We love and live with nature. Without nature we cannot even breathe and survive in this universe. It gives us everything. The five elements of earth, water, fire, air and sky are like Pancha Bhuthas. They play key role to run this world. Plants, trees, birds, animals, human beings will survive by enjoying the nature which consists like lakes, rivers, seas, hills, mountains, plain land makes to cultivate and grow the food to our needs by utilizing the water resources through rain fall during rainy season and fill the lakes and rivers to store the water and supply through canals and bore wells will

grow the crops in our fields will yield the output to serve our needs will allow us to sustain and survive in this planet.

Environment protection is our primary responsibility to take care of our needs on daily basis makes us to live and love the nature for our future. Mining, oil and natural gas will form to take care of our needs and fulfill the long term requirements. Conservation of natural resources is our main object. If we protect the nature it protects us in many ways. It is always better to live close to nature and enjoy the resources available in and around makes us happy.

# Wake up Well

**Sound sleep, Rest is must, Brakes apply, Take rest.**

*"The best way to make your dreams come true is to wake up."*

– Paul Valery

Waking and rising up alone makes us to get the things done in our normal course on regular basis. It removes all confusions and helps to plunge in to the action with great zeal of enthusiasm inspires and empowers us to move forward with one step makes us to reach miles and miles in our journey. Sound sleep creates good health coupled with delicious food consumed in time allows us to enjoy our journey during the day. Rest is must. Rest alone throws us away from stress, strain, fears, struggles, pains, discomforts, disabilities and so on. Peace of mind is the root cause of everything. Planning helps to lead our life with an innovative and dynamic way makes us to allow, enhance, elevate, adjust our own weaknesses with the help of effort keeps to fit in all respects at all times on all occasions gives more clarity. Wisdom and attitude is God given gift. Be simple and humble. Get more clarity on every event you involve in your activities one by one on daily basis makes you to feel happy and enjoy your journey in a reasonable and sophisticated manner. Silence is gold. Meditate yourself to sit in open place where you like and feel comfort to breathe fresh air and walk some time gives relief to do the rest in your activities keeps fit.

# Universal facts

**Feasibility, Possibility, Conceivability, Expectation are some facts one has to bear in mind.**

*"Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth." – Marcus Aurelius*

*"A little learning is a dangerous thing." — Alexander Pope*

*"You educate a man; you educate a man. You educate a woman; you educate a generation." — Brigham Young*

*"Education is the most powerful weapon which you can use to change the world." — Nelson Mandela*

An unpleasant emotion caused by the threat of danger, pain or harm leads to fearfulness, anxiety, panic, terror, distress, suspicion, complex and uneasiness throws us towards obsessive fear makes us to feel dull, weakness, ill health, unrest, unpleasant situation leads finally to defeat by everyone in reality. Sensitivity, positive attitude, love and kindness, sharing and caring, broad thinking creates a path to approach people with smile gives an idea in an innovative and dynamic manner allows us to come out of danger and brings with new hopes, aspirations, desires, strategies, planning and implementation makes us to focus more on our desired goals and perform better to the best of our ability gives more strength and make it strong to fetch the fruitful results in real life. Where there is will there is way.

Willful exercise gives willful results. Mindful exercise gives mindful results. Discipline is the root cause of everything.

Your effort is your valuable asset. Effort alone yields the best results. You are the key for everything. Inspire and empower yourself through learning and motivate yourself to evaluate, appreciate, understand, adjust and accommodate to know the ground realities with your own experience makes you to put a step forward with great zeal of enthusiasm to reach miles and miles in your journey is the right way of approach.

Commit and confirm yourself to get the courage and generate the power within to create the heat to run the engine will help to meet more like-minded people to create as a team and face the challenges that occur on daily basis gives stability and ability to grow as leader in long run. It also helps to grow as leader. Leadership is an art.

Accept the challenges that occur on regular basis and allow them to face with learning attitude gives knowledge to improve in a better manner makes to realize, redesign, recollect your own mistakes and rectify them gives an opportunity to grow in right manner with right people in right time at right place for the right cause keeps us in right direction. Dedication, determination, trustworthiness, awareness, awakening, observation, involvement helps the leader to mingle with people and allows them to stay in their hearts forever. Effective communication is key for success. Success is a journey not the destination.



# Fear vs. Pleasure

**Fear gives nothing, pleasure gives everything.**

*"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." – Nelson Mandela*

A coin has two sides. Thoughts are converted in to fears and a pleasure depending on the feelings we invite and intend makes us to think in the same direction and gives the results accordingly. If we fear we love and live nothing. Fear is like a devil and moves with us like a shadow to create darkness and makes us to be helpless and discourage in every aspect to loose and weaken further day by day gradually falls down automatically over a period of time. Whereas pleasure works like a light gives power and brightens our knowledge to apply our brain and make it sharp to think better to plan well and perform better and the best to fetch the fruitful results in real life. Our behavior depends on our attitude and wisdom which gives awareness and awakening to raise up and work with learning on regular basis improves and inspires us to empower and evaluate, enhance, update, upgrade to the next level in reality. Perception plays vital role in this respect. If we fear even the cat looks like tiger. Self-confidence, courage, determination and dedication helps to focus more on our way of approach with an innovative and dynamic manner makes even the tiger comes in thick forest we prefer to face the situation and comes out easily without fear.

# Never ignore the parents

**Guidance and support, helping hand, respect, gratitude gives pleasure and satisfaction.**

*“Appreciate your parents. You never know what sacrifices they made for you.” – Unknown*

The hands are like weapons to work untiringly and consistently to save ourselves and others as well. We struggle and suffer a lot day and night to take care of our kith and kin to fulfill the needs and provide more facilities and comforts by sacrificing personal belongings as a matter of love and affection is part of our duty and responsibility. At the same time they also should feel and realize in the same motto with better understanding to achieve their goals by focusing more on them with great determination and dedication to sacrifice with consistent effort makes them to reach their destination in their journey. If it happens we also feel happy as elders and partners in that victory. It is a collective effort and does the work as part of family to contribute our level best as parents and play our role actively in this respect. By that time when we grow and reach to the stage of helpless situation we are in a position not to do our own jobs on our own. Then we need help from others like our own children, kith and kin, friends, well-wishers, neighbors, servants or anybody for that matter. It is like a cycle and moves the time to disappear our own body is the bear fact. One has to realize, feel, zeal, perform and recollect the fact.

# Patient experience

**Health is better than wealth, be healthy, spirituality, discipline, good habits, health care, work is worship.**

*"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." – Lord Buddha*

Health care services are vital and essential. They occupy first place in today's world. Corporate culture is replacing with modern facilities by applying latest technology begins with ambulance to shift patient from outside to the hospital at reception to allocate the ward and lab facilities with medical aid and doctor's presence including food and bed plays vital role which effects the patient's experience and involves discharge from hospital in safe mode the management plays a key role in all respects is kept in mind and worth mentioned in this respect. Quality, ambience, treatment, appearance, involvement, share and care, cost of medical aid, incidental and unexpected expenses everything will count and prepare to bare then prefer to move to the respective hospital depends on their reputation in public view point is the top priority. "Vaidyo Narayano Hari" is Aryokti. It is true that a doctor is the visible God to a patient. We should realize and appreciate their effort while curing and bring to normal is not an easy task. Let us agree with great respect and appreciate for their invaluable services as doctor, nurse, supporting staff, management with dedicated mindset gives us big relief with confidence and courage to believe.

# Professional visibility

**Skill development, vision, knowledge, consistent performance, confidence, courage, will power, creativity, clarity, task force, growth makes an impact towards our profession in real life.**

*"Build your credibility, and open up more career opportunities for yourself." – Unknown*

Visibility comes out through your work. Never look for short cut methods. There is no short cut method for success. Success is journey not the end. Effort alone yields the fruitful results. Your effort is your valuable asset. Silence is gold. Your results alone will speak louder than you. They are powerful and valuable to reach faster than you. The message can spread quickly. It shouts louder than you. People will automatically realize and recognize you than anybody else as successful individual. It has its own visibility. Nobody bothers about your pains, struggles, efforts and ability. The end results are most important and vital to measure the candidate's performance. Success is the base for everything. It works like a bench mark to identify and consider as star performer based on the skills we have and exhibit them in visible manner makes us to get more and more reputation, validity, name and fame, significance makes them to stay in safe zone. Work is Worship. Duty is Divine. Do your duty. Rest will automatically takes care. No need to worry much. Just wait! Have patience! Rome was not built in a day. All the glitters are not gold. Everything takes time to prove and get notified with due respect and recognition. Believe! It happens.

# Startup insights

**Startup tips, Startup business, Startup success.**

*Your most unhappy customers are your greatest source of learning.*

– Bill Gates, Microsoft Co-founder

An idea of starting business itself is great concept. It creates confidence and courage to determine and dedicate to sacrifice focus more on our desired goals. Planning with effective implementation helps to start the work in mind makes to move forward with great zeal of enthusiasm with one step makes us to reach miles and miles in our journey. Slow and steady wins the race is the best policy. Apply technology in all respects to get effective and efficient results as cost effective measure. Learn on regular basis from your past mistakes by not repeating those gives scope to grow step by step in future. Believe yourself and proceed further with an innovative and dynamic approach to reach the mile stones one by one. Evaluate and appreciate yourself at least once a day gives inspiration which empowers to enhance and elevate to the next level in reality. Application and dedication towards your profession as an organizer is crucial in this respect. Discipline is the root cause of everything. Effort alone yields the best results. Your effort is your valuable asset. Your asset is your valuable effort. Ethics are essential to run a business irrespective of its size and nature of activity. Goodwill runs everything. Be people generic.

# Inner creativity

**Zeal and enthusiasm, inspiration, empowerment, inner engineering, thought process, positive mindset.**

*"There is no innovation and creativity without failure."*

– Breen Brown

Doing is like breathing. Breathing means we are surviving in this world. It indicates we are active, alert, observe, think and perform in our own way makes us to aware, awake, arise and allow us to do our normal duties. Creativity will explore our inner feelings in the form of actions will exhibit our ability and strength through the results is genius and the medium of love and kindness gives us an immense pleasure and satisfaction. Evolve yourself in all directions with your own effort keeps you to fit in others shoe through our attitude positive mindset makes us to reach more like minded people to express our views and share with them for good cause. As long as our intentions are good people will allow and encourage us to support and guide in all respects is the bear fact. It helps to explore and elevate us to the next level through learning attitude makes to reach peak in real life. Inspire and empower on your own through self-motivation. Evaluation and appreciation is part of the process. Skill development, training, inspiration, consistent effort, listening, strategic planning and implementation, research, effective communication, better understanding, love and kindness, confidence, courage, determination, dedication, sacrifice helps to focus more on our desired goals to accomplish with SWOT and SMART analysis yields the fruitful results. Life is like a journey. Enjoy your journey on daily basis which works like a tonic and gives more strength to move forward with great zeal of enthusiasm in order to fetch the best results in your journey. Sharing and caring is a good habit as human being. It helps to grow together as part of this universe.

# Succeed beyond imagination

**Success is a journey, life is short, enjoy your journey.**

*"You have all the reason in the world to achieve your grandest dreams. Imagination plus innovation equals realization."*

– Terence McKenna

Winners will never quit! Quitters will never win! If we do not even attempt or we do not try and ignore the things will never happen in real life. Action plays the role! Do your best. Give your best. Hope for the best. You will get the best out of it. Effort alone yields the best results. Performance is key for everything. Once the task is started we should not stop in middle irrespective of the obstacles and hurdles that occur till we reach our goal. Sincere attempt gives confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. Believe! It gives everything. Burning desire helps to learn and improve where required. Train yourself. Self-motivation is the best way of approach. Evaluate and appreciate at least once a day keeps to be more alert, awake, arise, allow to rectify if any mistakes happen can identify and revise them if required. Revision gives more clarity. Revival helps to upswing and pick up quickly. Self-audit is the right way of approach. Periodical audit helps to rectify and revise the mistakes happened will never repeat again in due course. Encourage yourself to check thoroughly and confidently to find the mistakes if any with open mind keeps us in safe zone and helps to move.

# Hard and Smart work

**Upgrade, update, upper hand, uplift, raise up, guidance, support.**

*“The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.” – Mark Twain*

Hard and smart work is like a step by step process. We never miss the train if we plan well in advance and implement it in time gives the way to reach our destination and move forward to reach safely and securely well in time is the right way of approach. A stitch in time saves nine. Effective and efficient effort will never go waste. It has its own value. Each one think in their own way and plan accordingly depending on the situation and time available with the resources given on hand makes an impact based on the information provided and performance we exhibit to get the results depends on various factors like climatic conditions and so on. Let us do it. Irrespective of our status we have to work on daily basis to live in this universe. There is no substitute for hard work or smart work. Work alone gives us health, wealth, satisfaction, pleasure and status in this world. We have to work forever. Without work it becomes dust and rusts our body and mind should be cleaned with great ideas to plan and perform better and the best. Thought process is ultimate. An idea can change this world. Burning desire gives thoughts and turn into actions then becomes habit will flourish us as full pledged individuals. You are the best in this world. Try!



# Creative Life

**Life is like a game play it! Enjoy your journey!**

*"If you don't design your own life plan, chances are you'll fall into someone else's plan." – Unknown*

Participation itself is a great achievement in sports and games will create the sportive spirit among team members and gives intimacy with each other in winning mindset to involve and practice together for acquiring the best results with better understanding. Every incident teaches a lesson to nourish us in disciplined manner to learn and improve, update, upgrade, elevate, enhance to the next level with team spirit. They help us to engage with each other in fun based environment to move together for acquiring the best results. It creates the spirit of honesty, integrity, love and kindness among the team leads to peace and prosperity. Discipline helps to achieve life balance and create healthy environment at the ground level and mingle with large gathering gives joy, pleasure and satisfaction. As an individual one has to participate, involve and share the views with others for the sake of community growth and consider it as a sport. It also develops the relationship and feels as one unit among group members. Establishing trust is the top priority with each other to build the contacts in long run. Bondage is created with potentiality while dealing with the team to create a win-win strategy leads to negotiate, collaborate, co-ordinate, co-operate in collective and bargaining manner is one of the ways to handle the situation if requires. Sportive spirit gives good health and freedom gives happiness to lead the life free and frank. Life is like a game play it! Enjoy your journey!

# Forgiveness

**Forget everything with love and kindness.**

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." – Martin Luther King, Jr.*

Forget and forgiveness is great concept! Just ignore and move forward towards your goals and focus more on them to determine and dedicate to sacrifice and accomplish to create a new path in new direction makes an impact on you and others as well. Every day you will find some change. Change is must and inevitable. Transform yourself. Transformation leads towards innovative and dynamic approach to learn with an applied technology makes us to elevate and enhance to the next level in real life. You believe in individual growth. Growth alone gives recognition, name, fame, reputation, invitation, appreciation, applause and happiness. It also helps to grow as leader. A leader is a reader. Leadership is an art. Stop worrying and start thinking is the right way of approach. Thought process is ultimate. An idea can change this world. You will find some change over a period of time and realize yourself that you are not like earlier. You identify yourself that you have grown up when compared to your past. That itself is an indication that you can change this world to great extent through forgetting and forgiveness with love and kindness you can reach more like-minded people to share your views and join the hands with them to grow together and create a new world. Believe! Belief gives everything.

# Planning and Implementation

**Effectiveness, advancement, forward thinking.**

*“Good fortune is what happens when opportunity meets with planning.” – Thomas Edison ....*

It is always better to prioritize our activities and plan well to design and delegate them based on needs depending on its merit if it is essential and important then give first preference and some tasks are important and we cannot manage it may take some time to complete and confirm that to postpone such things little latter which makes us to set right the things in such a way that we can manage unavoidable jobs on first cum first served basis and avoid to postpone and delay them which are unmanageable works at latter stage gives great relief in day-to-day activities. Segregation of jobs can separate where considers more time to consume and difficult to complete it is better to postpone for some time and better to concentrate more on easy jobs to complete first gives some confidence and courage to feel to facilitate and provide some kind of relief to get pleasure and happiness gives more strength to face the difficult ones to complete and concentrate more on tough things one by one allows us to accomplish and get the results in desired manner will elevate and enhance us to the next level in reality. Manage and organize properly based on your experience with the knowledge acquired through your innovative and dynamic approach.

# Pay Attention

**Knowledge is not free, Wisdom gives everything. Effort is valuable asset, Love and kindness, Enjoy your journey.**

*"The simple act of paying attention can take you a long way."*

– Keanu Reeves

Nothing is free in this world! Everything we have to pay and get it. If you pay an attention and learn on continuous basis we may acquire some knowledge based on the effort we put in gives to expertise and specialize in particular field where we concentrate makes to get some courage and confidence to determine and dedicate to sacrifice and focus more on our desired goals. Effort is your investment in given time with available resources in certain circumstances makes you to learn something or the other keeps to generate the power within and empowers you to ignite power makes out in the form of burning desire creates it to struggle and survive in this world. Innovation and evaluation makes us to appreciate and elaborate to look with different perception makes us to learn and earn the knowledge through different forms by applying technology gives an effective and efficient results with proper planning and implementation allows us to move forward with great zeal of enthusiasm to put a step forward to reach miles and miles in our journey. Self-motivation is the best way of approach. A small guidance and support makes an impact on the part of individual to grow with positive attitude makes to reach likeminded people to acquire more knowledge.

# Life is like a book

**If we have a book we never feel loneliness.**

*“Life is like a novel. It’s filled with suspense. You have no idea what is going to happen until you turn the page.” – Sidney Sheldon*

Life is like a book! It consists of so many words, sentences, paragraphs, chapters and pages end with a message to learn something out of it. Like that, we also learn every moment, event, occasion, transaction, dealings, while performing and moving from one place to the other we experience some kind of joy, sorrow, worry, pain, gain, pleasure, satisfaction and so on. We do not know what happens in next minute. We live and survive with hopes and aspirations. At the same time, we continue to do in routine and do our best, give our best, hope for the best to get the best in our efforts and enjoy the journey. We never stop our attempts irrespective of the results whether they may or may not happen we should continue and move forward to reach our goals will certainly makes it happen in reality. That is called willpower, belief, inspiration, aspiration, zeal and enthusiasm creates confidence gives courage to determine and dedicate to sacrifice and focus more on our desired goals. Planning and implementation with effective communication helps us to reach likeminded people like a library where we go and search the books in library to collect the information required will get in the same manner we get strength together as a team.

# Shout loudly and proudly

**"A public expression of greeting, praising and acknowledgement inspires and empowers everyone."**

*"Working with you is an amazing experience, and I couldn't have asked for a better partner than someone like you who puts in so much effort to make his work faultless." Thank you for your support.*

Shine your words and deeds like sun rays which gives brightness in the natural form what we see from the sky in early morning immediately after getting up from our bed and walk in the woods to get some relief and become active and alert to proceed further with great deal of respect rest of the day keeps us more active to get the best results in our daily life. If our body is considered as a tree we all become as a beautiful garden and enjoy ourselves by spending our time in it to smell the flowers, to eat the fruits and enjoy the nature in all respects keeps us with good health and meets all our needs by our thoughts with good mindset kind deeds will flow like a river and sail smoothly with better understanding gives good results in our activities. If our intentions are good they grow strongly in deep roots and help the tree to become strong with more strength the trunk will spread along with branches, stems, leaves, flowers, fruits, nuts will serve us to meet our day-to-day needs in reality. Zen Zoom Transformation, Super Freeques and Soul Tribe groups will flourish and prosper with love and kindness to spread goodness and makes an impact to this group and the world at large is worth mentioned here on this occasion. Let us work!

# Climate Change Impact

**Environment protection, bio-diversity, air Pollution, application of technology, artificial intelligence, machine learning.**

*"Youth and Children, as the next generations, have the right to a clean future." – Sacket, 23, India*

Environment protection is major threat and it is collective effort one has to be kept in mind and act accordingly. Lot of changes are taking place in climatic conditions across the globe in all seasons is the issue to think and apply measures on war foot basis to reduce the problem bear in mind, next generation future also should enjoy the benefits given by our mother nature. Application of technology helps to some extent coupled with practice makes an impact on everyone.

Entrepreneurs role is crucial in our economy to uplift and upgrade us in many ways to encourage the startups by involving youth as future leaders of this great Nation makes an impact and creates a great role to play by applying technology yields the fruitful results at ground level by understanding the realities with skills acquired will apply in large scale keeps us to move forward effectively and efficiently in our journey. Utilization of resources with the time available in cost effective measure is a key exercise one has to bear in mind and keep on learning is continuous process as part of learning and improvement.

AI ethics will move us from theory to practice effectively and efficiently. Integrity is the top priority irrespective of line of activity.

# My Shadows Reflection

**Reflection works like a mirror gives truth.**

*"The shadow is a moral problem that challenges the whole ego-personality, for no one can become conscious of the shadow without considerable moral effort." – C.G. Jung*

Shadows reflection is nothing but our own inner self or feelings will come out in different forms based on the situation and the circumstances prevailed makes an impact on us and others as well. When we express or act upon will come to know the reality of an individual through our actions based on our performance reflect others and feel accordingly. Thought process is ultimate! Our own ideas will make us to follow like a shadow with us and allows us to reflect through expression in various forms creates an image in the minds of others gives scope to strengthen their mindset over a period of time when time passes and the results they get fix them to come to a conclusion with experience and expertise. Our own personality with our attitude, physical appearance, behavior, actions, habits, health condition reflects on others to determine and proceed further to come to a conclusion whether to continue the relationship or not with us is the bench mark to measure an individual as worth considered or not. Keeping this in view we should nurture ourselves to purify, rectify, certify on daily basis to ourselves gives more scope to update, upgrade, enhance, elevate, evaluate, appreciate and learn new things by involving and interfering at various levels keeps us to fit in others shoe with winning mindset allows us to reach more like-minded people and express our views to co-operate and co-ordinate each other gives fruitful results in reality. Willful exercise gives willful results. Mindful exercise gives mindful results. Win-Win strategy gives scope to grow better and the best. Will power is ultimate!



# Listening is learning

**Listening is an art, listen carefully. Observe and understand to know the ground realities and apply wisely.**

*“If you make listening and observation your occupation, you will gain much more than you can by talk.” – Robert Baden-Powell*

It is always better and wise to talk less and listen more. Hearing is an art. As rightly mentioned we speak only what we know and what is in our mind will come out when we talk to others. Whereas if we observe, heard or see something we can absorb more and new things will come to light. As a result, we learn so much from others. Give more scope to study and allow others to speak, observe more silently in the form of learning to improve your skills for your own safety and security which helps to take care of yourself when you speak with others. Using words and selecting the words is a great and difficult exercise. Choosing the words is an art like selecting the friends. There is well known proverb most of us should bear in mind that tells me your friend I will tell about you is the known fact. Active listeners can gather more information on selective basis and store it safely and securely to share with others as part of their responsibility with love and affection to grow together gives an immense pleasure and satisfaction. Procuring information like saving the data, in hard disk to store and utilize it when required for our own growth and development. It helps to expose and expand our mindset in multiple ways. Listeners are learners.

# Success mindset leads to success journey

**A mindset shift for success Set a goal and achieves it, Practice human values.**

*"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." – Thomas Jefferson*

Self-motivation, self-confidence and positive attitude makes us to have success mindset. It helps to set a goal and achieve it. It creates discipline to learn through various means on regular basis to elevate and escalate to reach peak. Success is a journey not the destination. It creates leadership qualities. A leader is a reader. We need not read books alone. We can read so many things by observing, interacting, involving and absorbing ourselves through mingling, performing, achieving, sharing and caring makes an impact on us and others as well. Reading is a good habit. When we read we do not feel loneliness. We acquire more knowledge to understand better to know the ground realities. It helps us to plan well and implement it to perform better in an effective and efficient manner makes us to get the results in our favor. Shifting and transferring is great concept. Transformation helps to change our thought process with different mindset. It helps to achieve our goals with great determination and dedication to sacrifice and focus more on our activities. Adaptation gives scope to be flexible to create win-win strategy. Winning mindset and mindful exercise yields the best results. Visualization with firm mind makes us bright.

# Top Elite

**We can refer to the most powerful, rich or talented people within a particular group, place or society as the elite.**

*“People who become ‘elite’ at what they do aren’t striving to be ‘elite’ just to join some special club. They take great joy and satisfaction in the pursuit of mastery, and they compete against themselves, not others.” – Justine Musk*

Top Elite means the richest, most powerful, best-educated, or best-trained group in a society. Every individual has an opportunity to elevate, enhance and equip on their own with an excellent support and guidance given by the members who are experts in their respective fields makes an impact on us as learner and future leader of this world. Togetherness gives more strength. It gives scope to interact and express our views with others and exchange the deals with innovative and dynamic approach helps to move forward with great determination and dedication to sacrifice and focus more on desired goals is the best way of approach. Creating trust and confidence in the minds of team members through social media like LinkedIn is worth mentioned here on this context. Sharing our views with others is always helpful to both and it works like a coin which has head and tail. Let us inspire, empower, motivate and engage young minds to think in right direction with right perception at right place in right time for acquiring the right results is our main object which helps to grow as a team to fetch the fruitful results in reality in long run. It strengthens our hands and stabilizes to make the building strong with human values in this journey.

# Knowing yourself is the beginning of wisdom

Wisdom is associated with attributes such as unbiased judgment, compassion, and experiential self-knowledge. Know yourself, be yourself, trust yourself, love yourself, knowing yourself is the beginning of all wisdom. First know yourself. Then know others. Knowing others is intelligence. Knowing yourself is true wisdom. Mastering others is strength. Mastering yourself is true power.

*"Honesty is the first chapter in the book of wisdom."*

— Thomas Jefferson

Knowing you it is very tough exercise and difficult task in reality. Most of us will not think about us and focus to know more about others. No doubt, it is required to know and understand others on regular basis in day to day world. At the same time, we should concentrate more on us first and try to realize, rectify, and purify your inner self which gives more relief, peace and prosperity to grow healthy in this world. Try to digest and understand your inner self to nurture with positive attitude which gives us more energy to boost our inner feelings with great values by understanding others feelings, with better mindset keeps us to travel in safe zone in our journey. Try to give more and expect less from others. Once we do this we become indebted. It also gives us an immense pleasure and satisfaction. Be broad minded. Think twice or thrice before delivering a word or dialogue about somebody or on something helps us to control us and gives more scope to avoid unpleasant situation in most of the times. Words are highly powerful. Sometimes it may hurt others. In such cases it is better not to speak. Silence is gold. Always appreciate in open and loudly if you want to express. If you suggest do it in private personal.

# Observe your breath

Breathing is the process of moving air into and from the lungs to facilitate gas exchange with the internal environment, mostly to flush out carbon dioxide and bring in oxygen. Take deep breathe. Breathing is a vital process that moves air in and out of the lungs. It allows oxygen to enter the blood and carbon dioxide to leave it. Breathing is one of the most important characteristics of all living organisms. It is one of the essential functions that begins from the time of birth of the organism. Breathe in and out air on a regular basis, taking it from the abdomen but allowing the filling of our lungs to the largest possible extent, thereby expanding our chest cavity.

*"Your inner wellbeing is a priority." – "We all have the potential to live in blissfulness and inner wellbeing – if only we create the right kind of climate within ourselves." – Sad guru*

*If I had to limit my advice on healthier living to just one tip, it would be to simply learn how to breathe correctly. -Dr. Andrew Weil*

*No matter what we eat, how much we exercise, how resilient our genes are, how skinny or young or wise we are-none of it will matter unless we're breathing correctly. -Breath, by James Nestor*

*Nearly every physical problem is accompanied by a disturbance of breathing. But which comes first? -Hans Weller M.D.*

Breathing exercise itself allows us to observe our own physical and mental health condition which gives more clarity about our mind, feelings, body, physical fitness, thought process, wisdom, attitude, behavior, character and overall appearance of our

own personality. It works like a bridge between our body and mind. Just observe your breath and see the truth of your body, strength, physical fitness, health condition, feelings, thought process, mindset, perception, and sensation makes us to know the real truth of our own existence. Mindfulness helps us to see the things as they are, not as we wish them to be or fear them to be. It gives accurate results to understand better and know the ground realities. It is our own experience in reality. Awareness and awakening are twin words both have sharpness on either side if we apply properly. Application is key exercise in this respect. Application of brain with common sense gives peace, pleasure and happiness.

The breath is omnipresent irrespective of place, time, occasion, location, position, gender, age what not everything which helps us to be silent and concentrates more on our mind. Ultimately, to say in one word it works like a gateway to inspire and empowers us to find ourselves possible in our journey.

# Let us mark with a dent

**"The training is nothing. The will is everything and the will to Act."**

**"You always fear what you don't understand."**

*"If you dent someone's confidence or pride, you make them feel less confident or proud." — Unknown*

Inspiration gives aspiration with empowerment! Now we got an inspiration after a long break with your presence boosted us to the next level as an elite performers and associates with thundered feelings and blowing light flying high and high beyond our limits gives us an immense pleasure and satisfaction. We take this opportunity to wish you and your family all the best with good health, wealth and prosperity. At the same time we need your blessings and best wishes to all of us as guide, mentor, inspirer, demonstrator, educator, peak performer, exhibitor, administrator and above all as great human being. You will be with us in our hearts and minds forever as sole sister. Let us celebrate the occasion in big way since we are nearing to the ensuing Merry Christmas and Happy New Year with great zeal of enthusiasm that the new year should fulfill all our needs and requirements to meet the goals on hand and new tasks will set right in the near future should take care in all respects at all times on all occasions is our priority. Let the group feel in the same manner and hope everyone will agree with me with love and kindness to move forward with same spirit as elite performers. I strongly believe that I am fortunate to be here with you.

# Focus one by one

**Do not worry about what you cannot control. Our focus and energy needs to be on the things we can control. Positive attitude, sincere effort, focuses — these are the things we can control.**

**Focus all your attention on the present activity. It tells us not to do a great number of activities simultaneously, but do it one after one. Always remember, your focus determines your reality.**

*“The road to success and greatness is always paved with consistent hard work. Out work your competitors, be authentic and above all else... Chase your greatness.” — The key to success is to never stop learning. The key to failure is to think you know it all.” — Inspired Hustler.*

Every step we put on tells something or the other. We should be very very careful and cautious on each and every step at every stage on every event makes an impact on our life depends on the step we put and prefer to move the way how we precede further gives the results in due course. Our life itself is a guide to learn and improve based on the experience we gain tells everything to understand better and the best to create our own future is in our hands. Blame game will not fetch much. It is always better not to blame others. We are held responsible for our own activities we preferred and determined to take decisions on our own. We have no right to blame others. Decision is yours. Action is yours. Result is yours. You enjoy the results. Accept the facts. Allow the happenings. You are the master of your own actions. Be careful and cautious. Your own actions alone will reflect as results. Then prepare yourself to accept them. If anything goes wrong consider it as a lesson. Your life is your experience. You are the best judge. You only can rectify and purify to clean and green and nullify by not repeating the same mistake again and again. Nourishing yourself makes you to sustain, strengthen, nutrient, healthy and beneficial.



# The Holy Path

**The Path of your life is going to define you “Who you are?”**

**In your journey of life, you always have to take one or the other path to reach your destination. Not one, there are many paths to take in life. But the important point here is “Are you taking the right path?” It means, the path you are taking is good for you. A path is a course of action or a track to follow to achieve a specified goal or result.**

*“If the path be beautiful let us not ask where it leads.”*

- Anatole France

*“And whatever you ask in prayer, you will receive, if you have faith.”*

— Matthew 21:2

*“My faith didn’t remove the pain, but it got me through the pain. Trusting God didn’t diminish or vanquish the anguish, but it enabled me to endure it.” — Robert Rogers*

*“Every day you need to get a full dose of the Word and meditate on scripture, and if you discipline yourself and remain consistent, your faith will grow and mature, and remember that God, the Word, and your faith, is a recipe for success.” — Stephanie Williams*

*“Talk to yourself once in a day, otherwise you may miss meeting an intelligent person in this world.” — Swami Vivekananda*

Full moon gives great relief while moving in garden during summer feels cool. We enjoy the calmness while breathing fresh air gives us great joy and pleasure. It makes us to feel that we are in different world. Nature has plenty of love on us. As humans we also feel in similar manner and protect it from all kinds of threats by enjoying with great respect. We are here to breathe

and survive to meet our needs and requirements on daily basis. God has given us in the form of nature to get everything to fulfill our needs and requirements. Mother Nature is God given gift to all of us. If we protect nature, it protects us in all respects. Day and night, the earth, the sky, mountains, rivers, seas, trees, animals, birds, creatures, above all human beings are part of this universe. We are here as responsible individuals to protect and enjoy the gift given by God and allow continuing for our future generations are our prime object. Conservation of natural resources will keep us in safe zone. Be happy and enjoy your life. Pray the Almighty immediately after getting up from your bed to raise up and dress up to do your normal duty is a God given opportunity and show your gratitude in the form of prayer gives great relief and be active the rest of the day. Every day is a new opportunity. Be simple and humble. Honesty is the best policy.

Life is too short. We do not know what happens in the next moment? Be good! Do well! Smile always! Smile is an indication that we are happy, healthy, and free from all kinds of obstacles, hurdles, hindrances in our daily life. Mindset is ultimate! Create your own path with positive mindset. People will follow the same path. It gives an immense pleasure and satisfaction. Be blissful! Enjoy your journey!

# Spiritual feelings

**Spirituality is much a deeper belief in something greater than us and faith in life itself. Spiritual practices can lower anxiety, improve self-esteem and improve physical functioning. Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us and that our connection to that power and to one another is grounded in love and compassion.**

*“Pain is a messenger. Through pain and difficulties we grow, we learn and we get cleansed.” — Swami Satchidananda*

Worship of humanity is Worship of Godliness! God is invisible! Not to be seen in one shape, color or anything for that matter. At the same time, God is everywhere. To say in one word God is within us if we can see and understand ourselves God is omnipresent. Our parents are visible Gods who gave birth and taking care of us in all respects till we grow and live on our own their involvement is worth considered to mention here on this occasion. People who help and guide to support us at every stage in our journey will also be considered as our Gods. God feeling is nothing but showing our gratitude to memorize and feel faithfully to remember their good work done at all times on all occasions is our duty and responsibility. An individual who does the work with sincere effort will certainly get the results is our belief. It is true! True love and kindness gives pleasure and prosperity. Live to love feel to help others makes us to learn and earn everything in reality. Cleanliness is close to Godliness! Clean and purify yourself as much as possible, as well as possible, as soon as possible will improve our maturity levels step by step to reach the God as quick as possible is the bear fact. One has to believe this principle. Then we reach peak.

# You are the light

**Sweet heart, tell me something that lights up your life every day because you are the light of my life. Darling, you are my one and only true love; you are the light in my life, always in my thoughts. I love you, baby! My heart yearns for your love; you are my world, everything. Thank you for being a light in my life!**

*"Nothing can dim the light that shines from within." Maya Angelou*

You are the light! Be like candle! A candle will burn itself and gives light to others. As a result, we move forward to do our jobs in routine on regular basis without any fear. For example the Sun rises in the east and gives light to this world in natural form. It is the well-known fact every morning we get sunrays early in the morning to fulfill our needs and meets all our requirements as a matter of routine is the God given gift. We breath, drink, eat, survive and sustain with the resources available in Mother Nature is a bear fact. God has given us an opportunity to do our best and give our best to this world as human being and as part of this world. We love and live in this universe. We only can do anything and everything with the ability and strength as a team. Team spirit alone gives us confidence and courage to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Believe! Belief gives plenty. Your desire and effort is your belief. It allows making you strong and stable. It makes to happen in reality. Strong willpower is crucial. Where there is will there is a way. You are the key performer. Performance alone gives fruitful results. Never give up! Raise up and dress up to grow up!

# Coaching culture at work place

Coaching is a form of development in which an experienced person, called a coach, supports a learner or client in achieving a specific personal or professional goal by providing training and guidance. The learner is sometimes called a trainee. Occasionally, coaching may mean an informal relationship between two people, of whom one has more experience and expertise than the other and offers advice and guidance as the latter learns; but coaching differs from mentoring by focusing on specific tasks or objectives, as opposed to more general goals or overall development.

*“Your eyes can only see and your ears can only hear what your brain is looking for.” – Dan Sullivan*

Mere paper work will not fetch much by sitting at one place and issue the orders may not work out effectively and efficiently to meet the goals of an organization in reality. Mingling, involving, participating, attending and understanding the systems through interaction makes an impact on everyone by sharing and caring helps the people to contribute their level best for the sake of growth and development. Effective communication enables the work place to learn on regular basis through coaching at all levels makes them to create confidence and courage to prepare themselves as useful tools and upgrade their skill levels by learning and improvement process gives them pleasure and satisfaction. It is like a continuous process irrespective of the size and nature of an organization. Allocation of sufficient tools and creation of work culture makes an impact on the part of workmen/women to great extent.

It helps to understand better about the policies and principles of an organization and contribute their level best to fetch the fruitful results in long run. Positive mindset gives positive results. Opportunities are plenty. We have to utilize them properly.

Application of brain is ultimate. One has to understand with good intention. As long as our intentions are good things will happen in real life. Let us re-dedicate, determine and sacrifice to focus more on our desired goals. Let us make the SWOT and SMART analysis which gives scope to grow better and the best.

# Grow together with team spirit

**Team spirit gives strength and ability to prove as an elite performer.**

*"Coming together is a beginning. Keeping together is progress. Working together is success." — Henry Ford*

A small support and guidance makes a big difference with the little appreciation inspires and empowers to learn and improve in many ways to bring some kind of change from the present level to the next step allows us to put a step forward to reach miles and miles in our journey. Protecting ourselves by safeguarding in various means is the top priority and helps to protect others with the spirit of strength gained by us through various means will certainly give some kind of pleasure and satisfaction. No doubt, we are all busy with our personal and professional tasks in day to day lives and perform our duties at various levels tighten our hands to extend our contribution or coordination with others is part of the process. Teamspirit and teamwork alone gives us strength and helps to be strong and stable to run the show in smooth manner keeps us in safe and secured zone with God's grace. Let us wish and congratulate our soul sister Marlene Foster on these joyful moments with a new member joining in our family is a welcome sign to all of us. Let us rise the creativity with great zeal of enthusiasm as one community and grow together is our slogan as one family. It gives deep and wider meaning when the world is small as a global village.

# The Sun in the Sky

**The sun shines within. The sun would be better than a flash light, except it does not work at night. It probably needs to recharge its batteries from running all day.**

*"The sky is the ultimate art gallery just above us."*

— Ralph Waldo Emerson

Nature teaches us so many things in different forms at different times in different places depending on the location where we stay and enjoy it. If we observe carefully morning sun rays falls in our bed room through the window makes us warm and gives activeness to get up and dress up to raise up towards woods gives chill with freshness by seeing the sun from the sky through stems, leaves between the trees gives beautiful look. By afternoon when we finish our lunch and come out to get relax for a moment the sun appears in mid sky brightly with heat waves and provide 'D' vitamin to us. In the evening if we spend some time near lakes, rivers, mountains, seas or fields the sun looks like cream and slowly turns in red color looks like a ball with great look gives us with new feelings to spend our time with our liked ones in rest of the day. Like this we complete our day's job and move forward with great zeal of enthusiasm by spending our life in weeks, months, years, decades and so on. Let us enjoy our journey with peace and prosperity which makes us joy and pleasure on each occasion to spend with our friends, family, society at large as part of this universe. We are strong as a team to live and love together with each other makes joy.



# Powerful imagination

Imagination is the production of sensations, feelings and thoughts informing one. These experiences can be recreations of past experiences such as vivid memories with imagined changes or completely invented and possibly fantastic scenes. Imagination helps apply knowledge to solve problems and is fundamental to integrating experience and the learning process. It is called disciplined imagination. A way of training imagination is by listening to storytelling in which the exactness of the chosen words is how it can “evoke worlds”.

*“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever, will be to know and understand.” — Albert Einstein*

Our own imagination leads us towards vision. Vision makes us to dream. Dream turns as desire. Desire makes us to determine, dedicate, sacrifice and focus more on our desired goals. Then it prefers to put our effort and ability gives strength to inspire and empowers us to move forward with one step to reach miles and miles in our journey which leads us to exhibit our skills where required makes it happen in reality is called the true success. Everybody likes success. They do not bother about your effort and struggle behind the screen and time you spent sleepless nights with empty stomach and the rejections you have faced with insults will never be seen by anybody in this world. You yourself will forget for a while after seeing your own success will disappear everything for a moment. That is the secret of success. Success gives fame and recognition. It shouts better than us. It spreads across the globe faster than you. It makes

you to feel more responsible and accountable than your past. At one stage you are the competitor for yourself.

You have to measure yourself on daily basis and update it through learning to upgrade your skills based on the information gathered and resources available is a key exercise on the part of successor. It is like a challenge and difficult task. It will not allow to sleep peacefully. It reminds to feel more responsible and accountable to improve the skills based on the demand prevailed. It makes to prove you as a gigantic personality. Success is a journey not the destination. Learning is a lifelong process irrespective of the position, qualification, gender, age and size of the firm and its nature where we work and live in this universe. It is always better to rededicate, redesign, evaluate, appreciate, enhance, excel, absorb, digest and understand the situation based on the circumstances prevailed is the prime quality one has to bear in mind. Then only we can survive and sustain to maintain the quality with goodwill and create our own brand image in the minds of others by giving more than what they expect allows us to live long as a successful individual. Lot of effort is required to gain this quality. All the glitters are not gold. If we want gold we have to dig in deeper and deeper. We will not get it on surface. Rome was not built in a day. A stitch in time saves nine. Help ever hurt never is the best policy. Be innovative and dynamic to think differently. Thought process is ultimate. An idea can change this world to great extent. Action plays the role.

# Never judge others

**Never judge someone by the opinion of others. There is a story behind every person. There is a reason why they are the way they are. Think about that before you judge someone.**

*"Never judge people based on their nationality, religion, race, gender, skin color, or look. Humans are all the same. They're God's loving children." – Lily Amis*

Realization helps to analyze, evaluate, understand, accept, adjust, rectify, correct, confirm, consider, cooperate, coordinate, extend your help to think broadly and accept the real facts in reality before finding mistakes in others and judge them is not good sign to grow in positive direction in this world. If you show one finger to opposite person the other four fingers will show you is bear fact. It is always better to think twice or thrice when we point out others and make sure that our voice should have some value out of the conversation and makes an impact on others to happen good then only it is better to spell out otherwise silence is gold and better to keep quiet. Talk less observe more which gives more respect in the minds of others. As long as our intentions are good we need not worry much and feel comfortable in convenient manner in our daily life. It is good to be in our limits and create a boundary not to cross under any circumstances at any cost irrespective of the location where we stay and the people we deal with whether they may be friends, relatives, neighbors, elders, superiors, peers, colleagues and strangers, our own children or life partner for that matter gives scope to lead happy and peaceful life. Never hurt others. Never judge.

# Space for new blessings and growth

**Let go of grudges. Be kind to others. Acknowledge small blessings. Work at maximum effort. Get rid of baggage. Less luggage more comfort.**

*"I think this was a great article. Not forgiving others can really create havoc in one's life and really affect your health. How many times has God forgives us? We are all sinful beings. No one is perfect. Thank you so much for sharing this." — Linda Mann's Lineman*

It is part of the nature if something comes in this world should fall or fell down and disappear as living thing when time comes and grow again with fresh and fair means in different shape or as a fresher gives us pleasure and happiness is bear fact. We always look as new when time passes and should not worry much and try to be adjusted with better understanding the system will increase and improve our maturity levels. Always look and expect new and smart way to attract and appreciate by others which gives more satisfaction to us and others as well. Appearance is nothing but molding and nourishing ourselves as attractive and appear with good looks makes us to be fit in every ones' shoe with positive way in an innovate and dynamic approach makes a new path to follow by others as trend setter and role model with positive mindset. If we digest carefully it works like a cycle and move the circle by losing the old ones and bring the new ones in this world as replacement and successors to continue the legacy. Change is must and mandatory. We have to believe the system. It is God given gift. Forgiveness gives more strength. Forget is the next step to think and proceed to move forward to run the show as usual is part of the process.

# Thanks giving day!

**The expression of gratitude, especially to God is worth considered. Offer your prayers every morning as a mark of respect as an individual.**

*"Be thankful for what you have and you will end up having more. If you concentrate on what you do not have, you will never, ever have enough." — Oprah Winfrey*

Thanks giving with an expression of gratitude develop an attitude with positive vibrations on every small or big occasion by sharing our views with others and family members makes an impact on everyone is stressed here at all times on all occasions and every stage is highlighted here. Let us realize, rededicate, re-determine, re-enforce, re-qualify ourselves as learners, active participants, observers, players, performers, successful individuals, achievers and prospective game changers to flourish us and try to bring some change in others as well as an elite performers is a challenging and tough task shouldered on everyone. Protect yourself from all kinds of contingencies by taking care of everything with utmost care and dare with meaningful thoughts and positive mindset drives us towards right path in right way at right time with right people accomplish the right results for right cause is the right way of approach. Persistence, protection, uncertainty, effectiveness leads us to move forward with great acceptance by understanding the problems that occur in our day-to-day activities gives support to sustain and survive long with our own effort is key for everything. Be thankful and show your gratitude by expressing thanks to God.

# Powerful habits elevate the life

**Your daily habits have the power to change your life.  
Motivation is temporary. Good habits become permanent.  
The habits can shape our lives more than we think, shaping  
ourselves. Decide and dedicate.**

*“Every decision you make is a vote for the type of person you want to become.” — James Clear*

The powerful habits of inspiring and empowering us to move forward and elevating us to the next level to encourage, understand and initiate us to grow in better manner makes an impact on us in long run. Positive mindset allows to think in an innovative and dynamic way to prosper and plan well to perform more effectively and efficiently to grasp better from the resources available in a given time keeps us to expand and enhance to create our own path brightens to shine like a star in the sky and gives light to shine bright with our effort to accomplish the goals set in with SWOT analysis gives confidence and courage to determine and dedicate to sacrifice and create the new mile stones in disciplined manner in our journey. Self-motivation is key for everything. It helps us to evaluate and appreciate our own activities on daily basis gives clarity and learn more and more to update, upgrade with faith and hard work strengthens our skill set to improve better and the best which helps to fetch the fruitful results in real life. Thought process is ultimate. An idea can change this world to great extent. Desire helps to think better and gives an idea to dream big and achieve big. Success is a journey not the destination. Think differently.

# Life is tough

**When life put you in tough situations, do not say why me?  
Just say try me. Without struggle there is no progress. Walk  
away from an anything that no longer makes you happy.**

**Tough times never last.**

*“Begin your day with positivity and gratitude. Love what you have.  
Express your love truthfully. Share your blessings. Shine from within  
like the bright sun. Imagine your best life. Never forget you are loved.  
Gratefulness is the foundation of happiness.”*

— Loving Wellness Mind and Body

Life is a combination of so many things like pleasures, pressures, stress, struggles, pains, gains, strains, comforts, difficulties, disturbances, tough situations, challenges, unforeseen events, easy goings, sometimes teach the lessons to realize and understand the ground realities to know better and the best to rectify ourselves to create our own path and strengthens to play a key role to grow as an innovative and dynamic personality in real life. To say frankly one has to fall down then only we can rise up and stand on our own with our ability to strengthen further with the help of skills applied to get the best results will certainly prove us as useful and strong personality. Then only we can exhibit our strength as an individual and survive in this world to purify ourselves and clean up everything to become fresh and fair to show as an example to others and become a role model or trendsetter to shine like bright star in the sky. Try to be as star performer with your own effort which gives an immense pleasure and satisfaction. Satisfaction plays key role! A satisfied person is better than successful individual. Effort alone yields the fruitful results. Your effort is your valuable asset. Your asset is your valuable effort.

# Impact of IT in Business

**Automation of process and tasks such as customer support, data entry and book keeping makes our job easy. Improved productivity, improved customer service, cloud computing, Remote working, customer relations will create value and goodwill.**

*"A business is simply an idea to make other people's lives better."*

— Richard Branson

It makes an impact on the part of business to great extent if we apply technology irrespective of its nature, size and line of activity helps to understand better and apply the systems in planned manner and implement them in an effective and efficient way gives more clarity to grow and develop in long run and helps to change the traditional way of approach by applying and practicing the modern way of approach yields the fruitful results. Digital technology is accurate and effective in day to day life to save our time, energy, space, and equipment and cost effective along with quality and quantity is increased substantially beyond our expectations. Information technology helps to lead promptly with an innovative and dynamic approach makes us to act and get the results in business operations, commercial strategies to form a back bone for modern organizations with less manpower to get efficient results with accuracy keeps the organization in top position with win-win strategy. Planning, organizing, effective implementation, training, research and development helps to commit and confirm to act upon based on the information with the time available in given sources makes us to reach peak in reality. Once the systems are developed and policies are formed at top level we should make sure that they



should be implemented to reach to the bottom level makes an impact and decision making is crucial in this respect.

An effective communication will play the key role to implement the policies governed by the top management everyone will play a crucial role across the organization gives more clarity. As long as the objectives are good things will set right through internal audit and regular checks will control the lapses, errors, mistakes through artificial intelligence in no time quickly without wasting time as part of responsibility and accountability.

# Advocate unexpected challenges

**Strength doesn't come from what you do. It comes from taking things once thought you could not. Don't be afraid to be your own advocate. Educate patiently. Advocate passionately. Inspire consistently.**

*"A failure is not always a mistake. It may simply be the best one can do under the circumstances. The real mistake is to stop trying."*

— B. F. Skinner

Let us aware and accept life itself is uncertain! It is bear fact one has to realize and reflect. Then we can shift about happenings in real life. Anything may happen at any time. Nothing is permanent in this world. Unforeseen and unexpected things will happen in every one's life. We have to plan well keeping the future in our mind we can come across and overcome certain things with the help of an effective planning. At the same time even if we plan sometimes things will go beyond our control and damages may happen which effects even life threat or we may lose our own kith and kin or life partner, business partner, close friend or anybody for that matter. In such occasions try to realize and understand the situation as human and follow accordingly. Our own karma will follow us like a shadow whether we accept it or not. I strongly believe in it. All of us have an expiry date. Belief process makes us to move forward with great zeal of enthusiasm with proper planning and discipline gives more strength to think better and determine to dedicate to sacrifice and focus more on our day to day activities. Kind heart, love and affection will be able to run the show in positive direction with likeminded people to live together in long run.

# Self esteem

**Belief and confidence in your own ability and value gives strength.**

*“You yourself, as much as anybody in the entire universe deserve your love and affection.” — Buddha*

Self-esteem is what we think of ourselves. When it is positive, we have confidence and self-respect. We are content with ourselves and our abilities, in who we are and our competence. Self-esteem is relatively stable and enduring, though it can fluctuate. Healthy self-esteem makes us resilient and hopeful about life. Our own personality, attitude, behavior, conduct and character, thought process, way of approach, actions will reflect on us and others as well. To say in one word it impacts everything. It makes us to create our own image with great determination and dedication to sacrifice and focus more on our desired goals to make it happen with courage to express and explain in crystal way as per our understanding and availability of information and resources in a given time is crucial in this respect. Your own feelings, ideas, impressions, actions, habits make you to build the esteem of your own in positive direction to think in positive attitude allows to move forward with great zeal of enthusiasm in order to fetch the fruitful results in real life. Belief system makes us to be strong and stable with self-esteem as a matter of support and guidance to get the quick results with consistent effort as valuable asset gives an immense pleasure and satisfaction. Inner quality will prove the worthiness of an individual and demonstrates the leadership qualities by expressing and performing in planned manner with an effective implementation and innovative approach gives good results. Self-gratitude helps to grow self-esteem in gradual way on daily basis turns as habit and continue it to do regularly as a matter of respect improves our confidence levels and belief system provides to gain the things in better manner.

# Never see success in wrong way

**Burst or shatter violently and noisily as a result of rapid combustion, excessive internal pressure, or other process:**

*“Success is simple. Do what is right, the right way, at the right time.” — Arnold H. Glasgow*

Explode your confidence to break up into pieces violently or to cause something to do in your own way with courage to determine and dedicate to sacrifice and focus more on your desired goals. Consistency gives more clarity to plan well and perform better to implement it in a strategic way keeps us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Decision making is crucial and it helps to get the things done in right time with right people at right place in right manner with right cause for acquiring the right results is the right way of approach. Always remember and keep in mind that the failures and rejections are part of the process. The life itself is like a journey. We have to travel in tough and hard ways while moving towards our goals and cross one by one slowly and steadily with utmost care helps us to cross the hurdles and obstacles as part of the process. Then only we can reach our destination safely and securely well in time is kept in mind. Thought process is ultimate. Mindful exercise gives mindful results. Willful exercise gives willful results. Help ever hurt never is the best policy. Honesty and integrity are like two pillars which help to be given discipline and devotion to make the building strong and stable in long run. Success is journey not the destination. It shoulders more responsible and accountable in our day-to day activities. It keeps on inspiring and empowers us to focus more on learning and development. Learning is a lifelong process. Training plays key role irrespective of gender, age, qualification, position, size and nature of activity.

# Value Creation

**Money alone cannot build character or transform evil into good. The demands of leadership have changed. Is worth mentioned! Is worth considered! Be genuine!**

*"Trust and mutual value creation helps both employer and employee compete in the market place." - Reid Hoffman*

Value creation is an important aspect and it is possible with human capability and overcome all kinds of obstacles, hurdles, struggles, stress, strain, difficulties, misunderstandings, ill feelings by putting one step forward with positive attitude makes us to reach miles and miles in our journey to reach our destination safely and securely well in time is the best way of approach. It works like a bridge to cover the gap and helps us to cross the river easily with our brain by expanding the network with likeminded people keeps us in safe zone and helps us to eliminate the stuff which is not required. Know your strength and weakness to plan well and implement it in an effective and efficient way to perform better and the best gives extra energy to face the challenges that occur in our day-to-day activities. Thought process is ultimate. It helps us to be as disciplined soldier to do our tasks in a systematic and dynamic manner makes us to be stable and strong in real life. Consistency gives more clarity to learn and improve which helps us to elevate and enhance to the next level in reality. Honesty and integrity are like two pillars makes to create our own identity with great respect in the minds of others by respecting each other.

# Respect

**You cannot force someone to respect you, but you can refuse to be disrespected.**

*"If they respect you respect them. If they disrespect you, still respect them. Do not allow the actions of others to decrease your good manners, because you represent yourself, not others."*

— Awesome quotes

Respect is a word consisting of each letter spells out really empowers in strategic way proves and elevates us confidently with more trust on daily basis to determine and dedicate, sacrifice and focus more on our desired goals is the right way of approach. Give respect and take respect is the best policy. Respect should be earned with our behavior and actions based on the situation and circumstances prevailed in a particular time, place or occasion for that matter we should have lot of patience and willpower to handle the events where we involve with others on series of activities and deals we propose will take up on daily basis keeps our mental health to the next level is crucial in this respect. As long as our intentions are good everyone will respect and accept if not immediately slowly they will study and realize the facts based on the statements given and results appear will automatically proves the facts and figures in black and white as an eye witness in reality. Relationship is crucial and one has to maintain good relations to the extent possible with positive attitude makes an impact and gives more trust with confidence and courage to determine and dedicate then sacrifice more to fetch the fruitful results in real life.

# Desire and Deserve

**First deserve then desire! Life gives us the things we deserve and not what we desire. Losing your desire is similar to, you losing your path. It is not always possible to attain with what you desire.**

*“Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy.” — Robert Taw*

Desires are unlimited! If we fulfill one desire the other will come in that place immediately after fulfilling the existing one like that they flow like a river one after one. It is like continuous and never ending process. We have to realize and respect to control and curb them to maximum extent and try to understand the ground realities in such a way that we should work out and struggle ourselves consistently to fetch the fruitful results in real life. Then only things will materialize and happen makes us to be deserved to plan well in strategic manner with an innovative and dynamic way to implement and perform better and the best to determine and dedicate to sacrifice and focus more on our desired goals is the bear fact. Burning desire helps to grow step by step with learning attitude and learn the new things on regular basis will elevate and enhance through evaluation and appreciation gives motivation to move forward with one step to reach miles and miles in our journey. Love yourself and your work to set a goal and make the SWOT and SMART analysis to prove yourselves as a successful individual in reality. Consistency gives more clarity to analyze and find out the loopholes if any gives an opportunity to rectify and reflect.

# Energy is everything

**Energy is the quantitative property that is transferred to a body or to a physical system, recognizable in the performance of work and in the form of heat and light.**

**Energy is a conserved quantity.**

*“The higher your energy level, the more efficient your body the more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.” — Anthony Robbins*

Be energetic and enthusiastic! It makes us to be young with dynamic thoughts to move in positive direction in our day-to-day activities. It gives elaborate scope to learn and relearn to understand better and the best in this process and gives an opportunity to expand and elevate to enhance to the next level in real life. Thought process is ultimate. An idea can create wonders to generate the power and ignite the light to be bright like sun rays to make the likeminded people through our network in large scale gives more strength and stable in long run to spread beyond imagination. Energy gives confidence and courage to move forward with one step to reach miles and miles in our journey to reach our destination safely and securely well in time is the best way of approach. Let us rededicate and redesign in prospective way with an innovative and dynamic approach to set our goals and achieve them in systematic way keeps us safe and secured in long run. It gives trust and ability to prove ourselves as successful individuals at the ground level and know the realities to realize the facts and figures to understand better and best in proved manner. Never under estimate or less imagine anybody or anything for that matter we should be cautious and careful, concerned to be alert, aware, awake, arise and appreciate the facts to nourish yourself as a genuine and honest individual in your journey.



# Discomforts and Difficulties

**Life's problems would not be called "hurdles" if there was not a way to get over them.**

*"The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers." — M. Scott Peck*

The ability or willingness to tolerate the discomfort event or embrace the challenge by accepting the facts willfully and affectionately with great zeal of enthusiasm gives more strength and stabilize us to become strong and stable to stay in the field with learning attitude as an elite performer inspires, empowers and enhances us to the next level in real life. Life itself is incredible journey and we should understand that every day is not ours. Each day has its own value and considers it as a new opportunity to digest and understand with new way in new direction by putting our sincere effort with the skills acquired keeps us to grow in a systematic and dynamic manner helps to plan well and perform better effectively and efficiently. It increases our confidence levels by improving the courage with great determination and dedication to sacrifice and focus more on our desired goals. Sow the seeds on either side of the way where you go to create a path and follow by others gives an immense pleasure and satisfaction is the bear fact. Satisfaction plays key role in real life. A satisfied person is better than a successful individual. Human values are utmost important and play key role in our activities. It gives tremendous results.

# Be as Human Being

**A man, woman, or child of the species Homo sapiens, distinguished from other animals by superior mental development, power of articulate speech, and upright stance.**

*"Being human means having doubts and yet still continuing on your path."* — Paulo Coelho

Don't lose faith in humanity! We are God given gift! We came to this world with some purpose and fulfill it in all respects with love and affection. Kindness alone shows the way to move forward by loving and understanding people in different situations with different times at different places on different occasions gives more clarity if we apply our brain with broad mind to know the ground realities and face challenges that occur daily basis makes an impact on us and others as well. It is like a river and flows continuously. The river never flows reverse. It takes care of everyone in this world. We should be like a river or a tree as part of Mother Nature which will never expect anything from us and gives everything unconditionally without any expectation. Try to give something to the other within the means available in given time and the resources available makes sense and gives happiness. Try to understand the people with great heart as matured person keeps you to elevate and enhance to the next level in real life. Positive mindset creates positive impact and gives the positive results in our day-to-day activities with good intentions makes the people near and dear. Inspire and empower others to grow together as mark of respect.

# Energize your day

**Start Your Day by going outside natural sunlight signals to your brain that it's daytime. It also stimulates vitamin D production. Fuel yourself with a protein smoothie. Eat a nutrient - Dense Lunch.**

*"The more positive energy you have around you, the better you will feel about yourself." — Martin Rolfing*

Mother Nature alone keeps us inspiring, interesting, considering, determining, entertaining, enjoying, empowering, enhancing, adjusting, appealing, accepting, identifying, justifying, forwarding, maintaining, nurturing, providing, reflecting, strengthening, touching, utilizing, visualizing, wishing, yielding in natural form as God given gift to all of us to live and love with each other as human beings in this universe. We are free to breath the fresh air while moving towards woods immediately after getting up from our bed to rise up and dress up by showing our gratitude towards God providing an opportunity to live one more day in this world to do our duty with great respect as part of responsibility to contribute our level best in given time with the resources available is worth mentioning in this context. The day starts when the sun rays falls on this earth it gives reminder to do your duty after taking sufficient rest makes us to feel strong and continue the process till evening with small breaks makes an impact and yields the fruitful results in reality. Like this, the process continues depending on our line of activity and the work we select will do and contribute our level best makes the world to move forward in right way.

# Try to set an impossible goal

**Travelling back in time to undo a mistake you made.  
An impossible list is a place to set goals, from getting  
good grades to climbing mountains. Track the goals you  
accomplish and push you even further.**

*“Goals seem impossible until you actually reach them! Always  
remember it.” – Unknown*

Goal setting is must and mandatory! All of us should set a goal and plan well to implement it and perform effectively and efficiently in consisting manner with our sincere effort makes us to reach likeminded people to share our views and invite their suggestions to improve further with learning attitude makes us to become strong and stable will help us to fetch the fruitful results in real life. Mindset helps us to large extent to proceed and move forward with positive attitude to understand better and the best to know the ground realities and utilize the resources available in given time makes us to grow together as one community.

Dream big achieve big is the right way of approach. Honesty and integrity is the best policy. Never look for short gains and short cut methods which will waste your time and energy. Instead of doing hundred things in a day it is better to set the big goal and review it frequently preferably on daily basis gives some satisfaction and strength to evaluate and appreciate yourself with self-motivation makes you to reach step by step to climb high as much as you can helps you to elevate to the next level in reality. Your own effort is you're key to play wisely in the field with great determination and dedication to sacrifice and focus more on your desired goals. SWOT and SMART analysis will

help to reach fast your destination safely and securely well in time is the best way of approach in your journey.

Once we set a big goal our perception will change and think in new direction to learn and improve the things on regular basis makes us to enlighten further to find the ways to know better and the best manner keeps us to fit in the task designed and developed creates a path to show others and join us to extend their help and gain together makes some sense and gives a meaning to our journey in this universe. Burning desire creates to push forward and makes it happen.

# Never explain yourself

**There is no need to explain you to anyone. You have your own life, and it is only you who has the right to live and love it as you want. Just make sure that you have been true to yourself, and you will not require explaining anything to others ever again. You do not take other's approval to live your life.**

*"Never explain yourself to anyone. The person who likes you doesn't need it. And the person who dislikes you won't believe it."*

— Buddha's Teaching and Science

We need not explain ourselves or exhibit to anybody about our worth or credentials to prove ourselves those who do not believe us or dislike. As a matter of fact, our movements and actions will spread and come to know the facts based on the information available and appear automatically. Credibility should be gained based on our experience and put our effort on a particular task or event depending on the result we get will come out and printed in the minds of others gradually periodically. It is a step by step process. Nothing happens instantly. One has to create and construct brick by brick like a wall which becomes strong and stable forever. Character and personality development depends on our habits and actions we do on regular basis in our activities reflects and show the graph like a mirror which gives clear cut results. It is a process to understand and digest to know the ground realities and takes time to analyze and establish to conclude and come to a decision on a particular person or institution for that matter anything and everything. Grow horizontally in natural way keeps us to elevate and enhance in a systematic and dynamic manner gives an immense pleasure and satisfaction. Satisfaction plays the role. It is ultimate.

# Miss Information

**Miss information means incorrect or misleading information or wrong information or the fact that the people are misinformed or false information as about a country's military strength or plans.**

*"Nothing has such power to broaden the mind as the ability to investigate systematically and truly all that comes under thy observation in life." — Marcus Aurelius*

Information should be reliable and accurate when we pass on by word of mouth or transforming thru media makes an impact on the part of people and society at large should bear in mind before we communicate and make sure that it should be correct and genuine. At the same time we should not react immediately after hearing something and apply our brain and think coolly by analyzing and comparing the sources available in given time with the available resources indicates our level of maturity and understanding capacity. As a result it displays and saves our time and energy to concentrate more on right set of knowledge and allow us to move with right people in right time at right place in right direction with right cause for acquiring the right results is the right way of approach. Slow and steady wins the race is the best policy. Rome was not built in a day. Everything takes some reasonable time. Patience is key exercise. A guide works like mentor and supporter to explain as demonstrator and work like guiding factor to fetch the best results in our activities. Selection process is the key step and helps us to learn more and more in right means gives scope to grow in right way to create a path and help others to follow as trend setter.

# Surround yourself with right people

**Surround yourself with people who have great morals and good intentions. Life is too short to spend it with the wrong people. You surround yourself with positive people who build you up.**

*"There is so much hatred in our world. Regardless, I choose love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. That's some sweet fruit."*

— Felsite Poole — Source — Restore my soul

Surrounding yourself with likeminded and right people makes an impact in our personality and character to behave properly with good conduct keeps us to elevate and enhance to the next level with learning attitude gives more strength to grow better and the best in real life. During this journey elimination exercise helps to evaluate and appreciate the right people in right time at right place with right cause for attaining the right results is the right way of approach. Keep distance those who creates problems and troubles wisely with constant watch like a secret agent and watch dog will fetch the facts into consideration and know the ground realities is a key exercise one has to bear in mind at all times on all occasions at every stage is part of the process. Change is must and mandatory. Nothing is permanent in this world. Change alone gives more clarity with an innovative and dynamic approach by observing the things keeps us to study and understand better what is what. Our experience is our best teacher. You are the key for everything in this world. You only can adjust, absorb, equip the way how you like and prefer the way in which the things are happening as per the circumstances prevailed gives an idea and allow to do.



# Everything looks difficult at first

**There is nothing outside of you. That can never it may seem difficult at first, but everything is difficult at first speaks to the universal truth that many of life's endeavors and pursuits present initial challenges and obstacles.**

*Enable you to get better, stronger, richer, quicker or smarter. Everything is within. Everything exists. Seek nothing outside of yourself." — Miyamoto Mesachie*

Everything looks tough and difficult at the beginning when we think and plan to implement and perform we get doubts one by one like a jet plane and create hurdles and obstacles to feel that we really cannot do and accomplish the desired goals in reality. Once we determine and dedicate to sacrifice and focus more on our goals then we think that we can do it and plan to perform better and the best with consistent effort allows us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Then only things will happen and move towards success path step by step creates confidence and courage over a period of time and makes it happen. Once it happened we ourselves will feel and shock then surprise to feel beyond our limits. That is the power of will and ability which gives more strength to become strong and stable to make us sleepless nights and feel hungry to search the food we need and get it in time to fill our stomach is the right way of approach. All the glitters are not gold. Rome was not built in a day. Everything takes some time and we should have patience and wait for the results. Sincere effort alone yields the best results. There is no short cut method for success. Believe and Proceed!

# Increasing self-confidence

**Confidence is the state of being clear headed either that a hypothesis or prediction is correct, or that a chosen course of action is the best or most effective.**

*"People who repeatedly attack your confidence and self-esteem are quite aware of your potential, even if you are not."*

— Wayne Gerard Trotman

*"A diamond doesn't start out polished and shining. It once was nothing special, but with enough pressure and time, becomes spectacular. I'm that diamond."*—Solange Nicole

*"She remembered who she was and the game changed."*—Lalah Delia

*"The key to life is accepting challenges. Once someone stops doing this, he's dead."*—Bette Davis

*"Being comfortable with who you are is the ultimate threat."*—Sean Beaudoin

*"Self-confidence is contagious."*—Stephen Richards

*"Envy comes from people's ignorance of, or lack of belief in, their own gifts."*—Jean Vanier

A small support and guidance with appreciation makes an impact on everyone and it boosts to the next level and increase the confidence level and allow us to put an extra effort and energy to try to learn if required and prove ourselves as an outstanding personality and see that the results will come out in thunder way with lightning like before the rain falls from the

sky to earth. Self-control, self-determination, self-motivation, good health, skill development, dedication, learning attitude will increase the level of understanding with self-confidence makes an individual to grow better and the best in real life. It all depends on with the type of people we mingle and observe closely the good qualities absorb and digest as quickly as possible makes to create more confidence and courage to plan well and implement it in an effective and efficient manner makes it happen in reality.

It also shows the path to create our own image and set an example to others as a trend setter and role model as star performer and key person to exhibit the skills required to get the best results in real life. Positive attitude builds the patience and helps to generate the power within us to get more strength and become strong to face the challenges that occur in our day to-day activities with better understanding to know the ground realities makes us to realize the dreams in to reality.

Know your potentiality to proceed further and attack confidently which gives the fruitful results in long run. SWOT and SMART analysis gives more clarity to create self-confidence and it helps to improve if required.

Consistent effort is the key for everything and never looks back once determined and dedicated to sacrifice and focus more on your desired goals is the best thing in real life. Burning desire helps to put a step forward to reach miles and miles in our journey to reach our destination safely and securely well in time is the key factor and makes it happen during the process. Evaluation and appreciation are like twins to create self-confidence and get the things done in a reasonable manner.

# Obstacle is stepping stone

**Every obstacle is simply a stepping stone on the path to success. When we face challenges, it can be easy to feel like giving up. But if we stay strong and keep moving forward, we will eventually reach our goals.**

*"Failure is a stepping stone to success." — Arianna Huffington*

Every obstacle and the hurdle is a stepping stone to climb up and arrange brick by brick to make the foundation strong and stable to create your own path to follow by others gives an immense pleasure and satisfaction. It helps to create confidence and courage to determine and dedicate to sacrifice and accomplish our desired goals makes an impact on us and others as well. Willpower is ultimate! An idea can change this world to large extent. Every day is a new opportunity and start with one step forward makes to reach miles and miles to reach the destination in our journey is bear fact. Success is a journey not the destination. Life itself is like a journey. We have to move on and on. Never stop in middle till you reach your destination irrespective of the obstacles and hurdles that occur during the process. River Ganges is the best example! It will never flow reverse. It is pure and sacred. It flows forever. Let us purify ourselves with clean and green. You are the key for everything. You only can do better and the best. You are the performer. You are the trend setter. You are the best in this world. Your effort is your valuable asset. Effort alone yields fruitful results. Your effort has its own value. Believe! It gives everything.

# Uncertainty unlocks everything

**Uncertainty refers to epistemic situations involving imperfect or unknown information. It applies to predictions of future events, to physical measurements that are already made.**

*"If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity." — Eckhart Tolle*

Uncertainty unlocks everything and makes us to be alert, awake, arise, allow. agree to consider all possibilities and keeps to open all doors to welcome and accept the opportunities avail all possibilities in flexible manner gives scope to grow horizontally and analyze the situation in given time and circumstances happened is most common in every one's life. Backup plan is must and necessary to prepare ourselves in case of any unforeseen event occurs be prepared yourself to accept and allow to look for alternative keeps us in safe and secured zone to come out of the situation as win-win strategy. Flexibility and sportive spirit helps to feel light and be friendly with everyone makes us to feel joy and pleasure at all times on all occasions at every stage in our journey. To say frankly life is like a game and tries to play as much as possible, as well as possible, as soon as possible and consider the things to play seriously and give tough competition at your level best. As a result, audience will feel serious and pay an attention till last minute to get the results that will win or lose creates suspense and tension in everybody's mind. Finally, one has to lose out of two groups which gives thrill and makes surprise to get flash news.

# Innovation and Interaction

**Innovation is the practical implementation of ideas that result in the introduction of new goods or services or improvement in offering goods or services.**

*"Without change there is no innovation, creativity, or incentive for improvement." — William Pollard*

*Innovation distinguishes between a leader and a follower. - Steve Jobs*

*The true sign of intelligence is not knowledge but imagination - Albert Einstein*

*Without tradition, art is a flock of sheep without a shepherd. Without innovation, it is a corpse. - Winston Churchill*

Innovation and creativity is key for everything. Always think differently to act accordingly with an innovative and dynamic approach in new direction with fresh mind and begin the day as new opportunity to inspire and empower to plan well and implement it in an effective and efficient way makes an impact on daily basis allows you to learn and improve gradually over a period of time yields the fruitful results in reality. Where there is will there is a way. Willful exercise gives willful results. Application is key exercise to understand better and know the ground realities and involve yourself at every stage on all occasions gives an opportunity to evaluate and appreciate the journey yourself to get the kick and enjoy every small win makes you to the next level to think big and achieve big is the right way of approach. Be practical and close to reality in genuine manner helps to acquire the success rate when compared to yesterday it

allows to be the best in today. Your effort should be bigger than your dream then only things will happen in reality. Consistent effort gives the best results in real life. Never look back and stop it once started under any circumstances. Discipline is the root cause of everything. It improves your confidence and courage levels to move forward with great zeal of enthusiasm to reach your destination in your journey safely and securely well in time are the right way of approach. Be alert and active to inspire yourself and others as well.

Self-motivation, self-learning, positive attitude and thought process will elevate you to the next level in real life. Training is continuous process irrespective of gender, age, qualification and position in an organization one should focus more on their desired goals and make the SWOT and SMART analysis to plan and implement it effectively and efficiently to surpass the results and create a mile stone as star performer and trend setter will prove as a successful individual. Success is a journey not the destination. Winning mindset gives winning results. Man proposes and God disposes. As human being we have to do our duty. Duty is Divine. Work is Worship. Work alone gives the best results. Transform yourself. Transformation is must and mandatory. It makes you to reach peak. Believe! Belief gives everything.

## Focus one by one

*"The road to success and greatness is always paved with consistent hard work. Out work your competitors, be authentic and above all else... Chase your greatness." – The key to success is to never stop learning. The key to failure is to think you know it all."*

– Inspired Hustler.

Every step we put on tells something or the other. We should be careful and cautious on each and every step at every stage in every event makes an impact on our life depends on the step we put and prefer to move the way how we precede further gives the results in due course. Our life itself is a guide to learn and improve based on the experience we gain tells everything to understand better and the best to create our own future is in our hands. Blame game will not fetch much. It is always better not to blame others. We are held responsible for our own activities we preferred and determined to take decisions on our own. We have no right to blame others. Because, the decision is yours and the action is yours. Result is yours. You enjoy the results. Accept the facts. Allow the happenings. You are the master of your own actions. Be careful and cautious. Your own actions alone will reflect as results. Then prepare yourself to accept them. If anything goes wrong consider it as a lesson. Your life is your experience. You are the best judge. You only can rectify and purify to clean and green and nullify by not repeating the same mistake again and again. Nourishing yourself makes you to sustain, strengthen, nutrient, healthy and beneficial.



# Negotiation Skills

A strong strategy to ensure each team member will actively contribute to any project or program to complete it in time will yield fruitful results and stressed here in this context. Advance preparation gives more clarity about the situation, scope, criteria for decision making will help the people and the task makes an impact on the part of resources available in given time for the purpose gives more clarity to generate and provide more information to share and satisfy the team members in large scale. It also helps to prepare mentally, emotionally, constructively, respectfully with open mind by avoiding assumptions, biased emotions and unwarranted comments could cloud our judgment to trigger the conflicts.

Listen carefully while negotiating for better understanding to know the ground realities. Listening is an art. It helps us to be silent and observe more from all corners makes some sense and gives ability to determine and dedicate to sacrifice and focus more on our desired goals. It also helps to create rapport and trust the team to create the team spirit among team members. One of the key negotiation skills is an effective communication to avoid misunderstandings and differences or disputes among team members are the first and foremost to maintain cordial and friendly relations to run the organization smoothly helps a lot. Sharing is caring. Share your views with others.

According to information management system delaying information has no information at all. Timely action gives timely results. A stitch in time saves nine. Creative collaboration and coordination, flexibility and adoptability with willingness to compromise evaluates ideas, solutions, alternatives to satisfy majority of their needs and preferences will fulfill to great extent.

It creates value and synergy to foster innovation and learning to achieve mutual satisfaction and commitment. Team consensus is part of the negotiation process which facilitates to enforce the ground rules such as respect, honesty, integrity, confidentiality, trust and so on.

# Dare to Dream – Achieve Big

**Accept challenges, Face and achieve, Perform better, Play your role, Hope for the best, Believe, Success is journey. No one has ever achieved greatness without dreams. Dreams grow if you grow. If you can dream it, you can do it. Dream big, work hard, stay humble and honesty are key for everything.**

*“Your dreams need to be bigger than your doubts. Dream big, work hard and fear nothing.”* – Great Motivational Quote

*“The future belongs to those who believe in the beauty of their dreams.”* – Eleanor Roosevelt

Challenges are part of the process. We have to face and execute them effectively and efficiently with mindfulness. Thought process is ultimate. An idea will make us to inspire and empower us to enhance and elevate to the next level in reality. Throughout the day we normally do series of activities on regular basis gives some results in our tasks what we do should celebrate with our friends and family members makes an impact and motivates us and others as well. It grows like a plant over a period of time and grows like a banyan tree and gives shade to the people by creating a path to follow by others is stressed here on this occasion. A small guidance and support motivates an individual to put an extra effort through learning keeps peak in reality.

Willpower has its own value. It adds strength to move forward with great zeal of enthusiasm to reach our destination safely and securely well in time in our journey. Team spirit plays key role which gives ability to plan and perform better and the best.

Sharing is caring. Share your success with others. Success is a journey not the destination. Celebrate every small occasion with likeminded people keeps us joy and pleasure. Let us invite our chief guest Des (DG) Hague to get more inputs.

Dream well is deep with lot of circles and each circle tells one lesson to learn and relearn on every day as part of our duty and responsibility to move forward in our journey with right spirit in right direction with right people at right place for right cause to achieve our goals well in time is the right way of approach.

Congratulate and appreciate the people to celebrate and enjoy every moment who are with you and select the people carefully, cautiously with proper judgment. It gives pleasure and peace of mind to get sound sleep makes you to be healthy and wealthy in all respects.

A satisfied person is better than a successful individual in real life. Do your duty! Give your best and hope for the best! You will get the best! Belief process alone makes us to move forward with positive mindset to reach miles and miles in our journey. Every day is a new opportunity to find something and start a fresh to finish our tasks with our effort and ability to plan then perform in an effective and efficient manner makes us to be strong and stable in long run. Honesty and sincerity are like two pillars makes us to stand with our legs and allow us to work with our hands by applying our brain through learning process and gives an experience when days moves on is a step by step process. Nothing happens instantly.

Everything will take some reasonable time. We should have patience and realize ourselves by adopting new methods with flexible mindset makes us to adjust and understand better to know the ground realities to make it happen with our sincere effort. Effort is the key for everything and it is valuable asset. Build your own individuality brick by brick and create a path to follow by others as mark of respect. Time and space are vital parts

to play an effective role for good sleep with sufficient rest makes us to feel healthy and contribute our level best as an individual to make an impact on the part of our nation and the world as well. Health is better than wealth. A healthy mind, body and soul co-operates and co-ordinates all kinds of situations to face and fetch the best results in reality. Regular exercise with proper diet and periodical fasting keeps our body to fit in any kind of weather and control the stress, strain, pain, nervous system will recover and aid to allow the movements in an understandable manner keeps study and healthy. Make your bedroom as safe and feel happy and comfort. Your dreams are with you forever till you achieve. Dream big achieve big.

# Self-improvement

**Self-evaluation, self-analysis, self-confidence, Self-respect  
boosts us to the next level.**

**Self-improvement is the improvement of one's knowledge,  
status, or character by one's own efforts. It's the quest to  
make ourselves better in any and every facet of life.**

*"Your life will never improve unless you start making daily  
improvements." – Lewis Hoes*

*"Self-improvement is the name of the game, and your primary  
objective is to strengthen yourself, not to destroy an opponent."  
– Maxwell Malts*

*"What we think, we become." – Buddha*

*"Absorb what is useful. Discard what is not. Add what is uniquely  
your own." – Bruce Lee*

*"We must become the change we want to see". – Mahatma Gandhi*

Self-improvement is a great concept and it is a lifelong process. It inspires and empowers us in reality. It makes us to learn through self-motivation gives an idea to think differently and move practically by applying our skills makes an impact on our part and others as well. Consistency is key for everything. Evaluation and appreciation yourself is an art to analyze and examine all your movements and results we get on daily basis keeps us to fit ourselves as per the needs and requirements.

Self-analysis helps us to understand better to plan well and implement it effectively and efficiently to know the ground

realities. Self-analysis is the first step to analyze our own traits, beliefs, strengths, knowledge and skill levels, values and behavior keeps us to learn and improve based on the sources available in given time makes some sense and gives meaningful results.

Self-awareness is nothing but scrutinizing our own condition at present makes us to strengthen further to move forward with one step makes us to reach miles and miles in our journey to reach our destination is key in real life. Change is must and mandatory to transform and allocate the time to provide tools for acquiring skills will yield the best results in practice.

A friendly smile creates positive impression and elevates towards right direction to move forward with courage and confidence to dedicate and sacrifice towards our journey and make it happen in reality. It also inspires and empowers to understand better and the best concrete the relationship in long run. Blessed appreciation and guidance makes an impact with each other in our activities on daily basis. Love and kindness are key words to meet people and express our views with good manners gives more clarity to travel together and grow horizontally in healthy manner. Positive energy uplifts to generate the power within gives joy, pleasure and happiness.

Humanity and awakening are key words to highlight the state of consciousness and help to support one another. It leads towards better thinking and allow us to spread its wings to raise high and fly as much as we can to spread love without any limits. Unconditional love alone finds the way in natural form to move together and creates team spirit to work as team and fetch bright results than we expect as an individual as mark of respect. Blissfulness is a gift given by God in natural form to all of us. Let Christmas and New Year brightens our light and fulfills desires in great way.

# Time is everything

*"The future starts today, not tomorrow." – Pope John Paul II 2.*  
*"Time flies like an arrow; fruit flies like a banana." – Anthony G. Hettinger*

*"I learned that we can do anything, but we can't do everything at least not at the same time. So think of your priorities not in terms of what activities you do, but when you do them. Timing is everything."~ Dan Mill man*

Time plays key role in our activities. Time sense gives to think better and do the best in our lives. We should apply logics and plan well to perform better and get the best out of the worst. Then only things will set right. Time is free to utilize and spend based on our selection it yields the best results depending on our allocation and appearance it works like a jet plane and moves fast beyond our imagination.

Once we realize it happens and gives surprise not even to think beyond our expectation. It heals fast and makes us to become normal. Change is must. Everything will change. Nothing is permanent in this world. Good and happy moments will flow like a river. It moves fast whereas the difficult times will move slow like a goods train and feel that each minute takes hard to spend and keeps us in difficulty. It is very easy to say and feel tough to face the situation.

Tough times need lot of patience and ability to perform with positive mindset creates positive attitude to understand better to know the facts in reality. Slow and steady wins the race makes us to learn and improve in a systematic and dynamic manner to elevate and enhance to the next level in reality. Belief process gives strength and become stable to feel better.



# Self-Development

**Absorb what is useful. What we think, we become. The only journey is the journey within. What you do makes a difference.**

**Self enhancement is a type of motivation that works to make people good.**

*"What lies behind us, and what lies before us, are tiny matters compared to what lies within us." — Ralph Waldo Emerson*

Inner engineering is key for everything. Inner work helps to evolve, improve, encourage, appreciate, and transform to learn on regular basis to grow in better manner in real life. It makes our dimmed light to turn into bright glow and shine ourselves like bright sun rays to give light to us and others as well in reality. As a result we can think to invest our time and energy to transform and plan well in an innovative and dynamic manner to implement and perform effectively and efficiently to accomplish our desired goals.

When our effort is increased it turns into fetch the best as we expected and gives more strength to move forward to continue and help others to follow us by creating a path together to make the bright future and set an example to others. When we lead and move as a team it gives more pleasure and satisfaction.

Teamwork plays the role. It inspires and empowers us to put a step forward to reach miles and miles in our journey. Inner transformation gives inner strength. Love you and your work.

If you love your work it loves you in the form of success. Success is journey not the destination. New resolution gives new change in New Year which gives new life. Think differently. Work accordingly. You will get the best results.

# Stay positive

**A positive attitude is something everyone can work on and learn how to employ it. The problem is not the problem. The problem is your attitude about the problem. Optimism is a happiness magnet.**

*"You always have the choice to be happy. Learn to understand the purpose of bumps in the road, grow from them and stay positive. Good things will happen." – Unknown*

Peace, simplicity, courage and love are like four pillars to make the building strong to get more relaxation while dealing with others in our own activities makes an impact and creates great respect and gain super power to inspire and empower as great human being.

Start the day with love and kindness towards your life style in hectic and uncertain times facing challenges that never happened past will wish you peace gives more relaxation with kind heart and simplicity gives courage to find joy and pleasure in fulfilling the simple things like having a good meal and visit a good friend feels greatness in real life. That simplicity itself makes you the pleasure of life with courage to make a great person with your kindness to an unkind person when the other one is rude making a trend setter and set an example to others.

Be passionate at all times on all occasions at every stage of life with kindness and compassion to live and love. One day the realization starts from an opposite person who behaves with ego will automatically come down to the earth is the bear fact. Patience is key for everything. Silence is gold. Silence does not mean you are not observing or studying the situation. It means you are waiting for time in gentle way.

# The great influencers

*"Social media is not just an activity; it is an investment of valuable time and resources."* — Sean Gardner —

*"Activate your followers; don't just collect them like stamps."* — Jay Baer —

*"The influential man is the successful man, whether he is rich or poor."* — Orison Swat Marsden

*"You cannot rest on your laurels as a sensual woman. Remember, your life is like that of an influencer. Meaning your yesterday's 'wow' quickly becomes your today's 'ordinary.' Always keep in mind that your value comes from your creations."* — Lebo Grand

*"Don't trade in your integrity for influence."* — Richie Norton

To make an impact is a great leadership quality! Leadership is an art! One has to prove and exhibit it in various forms at all times on all occasions at every stage is worth mentioned in this context. Influencing is inspiring and empowering to set an example as a trendsetter and role model to move together to create team spirit and enjoy while working by sharing and caring with each other gives more clarity.

It gives respect among the team members and feels free to learn and improve on various aspects with love and affection gives more clarity to move forward with one step to reach miles and miles in our journey to reach our destination well in time is the best way of approach. Transformation leads to change ourselves and nurture us to strengthen our relations to acquire the best results in long run with better understanding. Flexibility gives

inspiration to mingle with others and express our views to improve our skills makes to learn from others.

Win-win strategy helps to feel better while sharing and caring feels joy as a mentor and senior in their respective fields makes them pleasure. Creating value is great concept as an experienced individual, supporter, professional, senior helps us to learn and improve on regular basis.

# No consequences, No change

**A person can change his future by changing his attitude. The measure of intelligence is the ability to change. Everyone thinks of changing the world. No one thinks of changing himself or herself.**

*"A choice with no consequences has no value. Making a choice knowing there will be consequences, and being willing to bear them, is what distinguishes the right choices from the wrong ones."*

– James A Owen

Every action will have some reaction! Every result or effect makes us to change and transform to great extent on daily basis as an elite performer. Responsibility and accountability are the key factors looks like in relaxed mood with delicious cup of hot milk starts the day as part of routine and gives more strength to think better and the best with systematic way of approach as critical thinker and dynamic personality to accomplish our desired goals makes happen in reality. Being an elite performer one has the leadership quality to hold and guide the people to join hands to move together for good cause and achieve it collectively. Success is a journey not the destination. One has to share the success with team members and create the trust in their minds and live in their hearts forever.

That is the power of will. Where there is will there is a way. Willful exercise gives the willful results. Mindful exercise gives the mindful results. Our success is not ours alone. Behind our success lot of unknown sources are there who contributed in every stage at all times on all occasions and made it happen in reality. We have to realize and accept it with great respect. Then only it will have some meaning in it. Sharing is caring. Make sure.

# Idea of the day

**Everything begins with an idea. I begin with an idea and then it becomes something else. The good ones only come when you don't expect them. An idea is something that won't work unless you do.**

*"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us those dragons can be beaten."*

– Neil Gamin

Never under estimate or neglect anything in this universe and we do not know everything about a person or incident that happened on particular place or occasion which gives scope to learn something new from everybody on each occasion makes an impact on us and others as well. Keep the doors open and allow to reach and study carefully to understand better by applying your brain gives an opportunity to think and learn more by involving yourself then practice to become perfect and apply where required gives the best results in real life. Be dynamic not static. Prepare with confidence and courage and familiarize yourself with deep knowledge on a particular issue or event to have an idea gives scope to apply our brain makes us to analyze and examine with deep study gives clarity to proceed further.

Take help from others if required. Always remember feeling prepared is different from actually being prepared. Under preparation with over confidence or lack of knowledge leads to plunge into deep sea where we cannot even come out of it and throw us in difficult times and situation. Slow and steady wins the race is the best policy. Application gives comprehension on a particular event or individual to study and understand better in real life.

# New Year Resolutions

**Cheers to a new year and another chance for us to get it right.  
Tomorrow is the first blank page of 365 page book. Write a  
good one. Write it on your heart that every day is the best day  
of the year.**

*"Let this coming year be better than all the others."*

*"May the new year bring you courage to break your resolutions  
early?"*

*"This is a new year. A new beginning. And things will change."*  
— Taylor Swift

*"Let go of what was and embrace what to be."* — Lailah Gifty Akita

*"Cheers to a new year and another chance for us to get it right."*  
— Oprah Winfrey

*"New Year, New Feels, New Chances, Same Dreams, Fresh Starts."*  
— Atticus Poetry

*"Your present circumstances don't determine where you can go; they  
merely determine where you start."* — Nido Qubein

*"What the new year brings to you will depend a great deal on what you  
bring to the new year."* — Vern McLellan

*"Write it on your heart that every day is the best day in the year."*  
— Ralph Waldo Emerson

*"New beginnings are in order, and you are bound to feel some level of  
excitement as new chances come your way."* — Auliq Ice

Make yourself to be happy because you are only the person with you forever at all times on all occasions in every situation throughout your life is the bear fact. If you love yourself you can love others. Love and kindness are twins join with us to create happiness, share and care with others. Always celebrate every small event gives joy and pleasure which inspires and empowers you to the next level in reality. Try to cultivate the habit of passing resolutions to remove the lapses as early as possible on frequent intervals make you to become strong and stable to get more strength to face the challenges that occur in day-to-day activities.

Decorate you and your family with clean mind and make the premises looks good where you stay weekly once flourish and nourish with new ideas to plan and implement as an enthusiastic individual to set an example to others. Try to wish everyone with smile and pray the Almighty every morning immediately after getting up from your bed as a mark of gratitude to give as an opportunity to accomplish something new in this universe. Let the New Year gives us new joy and fulfill our aspirations and desires in all respects with our sincere effort irrespective of the place where we stay is our will and wish.



# Giving is healing

**Everything heals. Your body and your heart heal. The mind heals. Wounds heal. Your soul repairs itself. Your happiness is always going to come back. Bad times don't last. — Tiny**

**Buddha — Body healing**

*"It is a time for healing, deep emotional trauma. Situations you thought you cleared are coming up again for more awareness. Healing is done in layers. You have to continue to spiral through the same emotional experiences until there is no electric charge left to trigger you." — The Self-Healing Journey*

The gift of healing is the gift of honor! Always give more and expect less. Be happy and comfort in every aspect with love and kindness makes us to feel joyful with lot of peace and prosperity. Never feel or fear that you are alone! You are always with you and your own activities as long as you are active in action and serve you never feel loneliness. Your own attitude, wisdom and positive mindset are your strength. It makes you to reach on more like minded people and express your gratitude in the form of love and affection as part of responsibility makes everyone feels happy. Reading books makes us to be active and alive to keep away from loneliness and spark the light by throwing darkness with natural lighting as soon as the Sun rises from the east with lot of joy and hopes. The day begins with great zeal of enthusiasm in order to fetch the fruitful results. Never look back nor stop in the middle till you complete your task in all respects at all times on all occasions is the right way of living. Resolve yourself and make sure that you are living to help others without any expectation and feel free to enjoy the journey. Always pray God that you should be as giver not as taker. Giving means you are sharing part of your sweat.

# Yuva Shakti

**All power is within you. You can do anything and everything. You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.**

**“Live for an ideal and that one ideal alone. Let it be so great, so strong, that there may be nothing else left in the mind; no place for anything else, no time for anything else.”**

*“All weakness, all bondage is imagination... Do not weaken’ .... Stand up and be strong! That is all the religion I know. Never be weak. You must be strong; you have infinite strength within you.”*

— Swami Vivekananda

Youth is real strength to create wonders guidance and support given by elders as parents, teachers, neighbors and well-wishers makes an impact on the part of society to large extent and cross the mile stones one by one is part of our duty and responsibility to move forward in our journey. Youth play key role and active in every aspect by observing and digesting the things in right perspective while learning and improving to find the new ways in an innovative and dynamic way makes them to be as perfect individuals. They are the future of our vision and mission. Let us focus and dedicate towards our kids and encourage them to grow as useful citizens of this great universe to set an example to everyone. Give freedom and observe carefully in all respects each and every movement and support them where required to increase the confidence and courage in their minds will yield the fruitful results in long run. Due recognition gives ability to strengthen further through various means makes an impact on their personality as full pledged individuals and nourish them to grow in right path at right time with right spirit is stressed here on this occasion. Let us rededicate and reconfirm with great zeal wish that the New Year keeps us joyful.

# New Year New opportunities

The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. Tomorrow is the first blank page of a 365 – page book. Write a good one.

*“We all open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year’s Day.”* – Edith Pierce

*“Your time is limited, so don’t waste it living someone else’s life.”*  
– Steve Jobs.

Every day has its own value. Let us start the day as a beginner with a fresh mind. Good thoughts with a positive attitude lead us towards a new direction in an innovative and dynamic way. This makes us move forward to create new milestones in our journey. An opportunity is a God-given gift and utilize it in such a way that with your sincere effort to bring some kind of change in every aspect makes us to learn and gain some experience out of it. Each event teaches a lesson and consider it as a guide for the future to correct and rectify yourself based on the situation or circumstances that arise during the course of action. This makes an impact on your personality to grow and flourish as a fully pledged individual. Discipline is the key for everything. Study carefully and observe more which gives scope to learn and improve on your own. Self-improvement helps to inspire and empower us to create a path and set an example for others to support us and increase our respect in the minds of others. Burning desire creates the commitment and confirms you to provide a room and create space for growth and development. Try to live close to reality. Adjust and accommodate yourself with the available resources in given time. It is worth mentioning and always bear in mind to be simple and humble. Honesty is the best policy. Dream big, achieve big. Set a smart goal and work out accordingly. Wish you all the best and a happy New Year.

# Dress codes and Cultural Codes

**Dress codes are symbolic indication of different social ideas including social class, cultural identity, and attitude towards comfort, tradition and politics. Cultural codes vary from one region to other.**

*Professionally, I don't necessarily have to adhere to a certain dress code. However, I think that comfort is crucial. Otherwise, you won't be able to have fun and express yourself.*

*Cultural Codes - Integrity keeper - Own outcomes - Passion-not mere engagement - The solution seeker - Evolve - Refine delivery vows  
- Make it work - Then make it better. - Surveysparrow.com*

Dress codes and cultural codes workout like a mirror and reflects fast to create an image on a particular person or group based on our behavior and personality makes an impact on us and others as well. It also reflects on work environment and creates a positive impact and feels that all are equal to make positive mindset which improves the productivity in work place. It helps to reach people freely to clarify doubts and improve through learning and improvement will result skill development. As a result, it makes to enhance and elevate us to the next level in reality. Work culture and work environment effects on our personal life which creates to grow better in reality.

Happiness is root cause of everything. When we are happy and feel comfort our strength will increase to focus more on maintaining good health and good relations with everyone. Mindset will blow to share our views with others while interacting and express our views and invite suggestions from others will help in long run to gain experience. Acquiring more

knowledge is possible through interaction and involvement. We can expertise the profession and increase the productivity. Dress codes and cultural codes make us to feel equal with love and kindness helps to work together and complete the tough tasks in time as a team by creating the team spirit.

Unity gives more strength. Trust and confidence will increase when we mingle with people and help to concrete the relationship from bottom of the heart. Cultural programs give great relief and help to know more about different cultures and life style to understand better in closed manner.

# Create an excitement

**It is a feeling of great enthusiasm and eagerness. Something that arouses is a feeling of excitement. The act or state of greatly enjoying or finding satisfaction in something is a joyful excitement.**

*“Always remember that where you are is a result of who you were, but where you go depends entirely on who you chose to be, from this moment on.” – Upsummary.com*

Most of us will feel joy and pleasure in comfort zone as usual! As a matter of fact, we deserve to grow and create wonders in reality. If we stay and sleep well in our comfort zone it is not possible and never happens in real life. Look out and try to come out of it as soon as possible. Then only it happens feel and plan well to perform better and the best in reality. No doubt, at the beginning it looks tough and confuse us with disorders, discomforts in the middle and feels happy when time moves on day by day we accustom and consider it as part of our duty and responsibility when we compare with our own accomplishments make us to wonder and create new path with an impressive and inspiring joyful moments empower us to large extent. Enjoy your journey and enlighten your path with your own effort and ability to get more strength with strategic approach to fetch an innovative and dynamic results will make you to move forward with great zeal of enthusiasm to reach your destination well in time is the right way of approach. One step forward makes you to reach miles and miles towards your goals and allow focusing more with great determination and dedication to sacrifice and accomplish them is part of the process. Believe! It gives all.

# The Seasonal View

*"The seasons may bring different experiences, but they can also serve as a reminder of all that we have." – Anonymous*

*"The transition from one season to another can often be a reminder to appreciate the wonders of nature." – Anonymous*

*"The changes in the season should remind us that we too can transition and grow." – Anonymous*

The capacity to modify for new use, purpose and quality of being able to adjust new conditions are called adaptability. Take an advantage of changing climate makes to accustom and adapt in changed conditions makes us to be alert awake to adjust and survive gives great relief. Confidence and courage are two words we should bear in mind to accustom and digest at all times on all occasions at every stage is worth mentioned here on this occasion. It is a feature of a system or of a process. It has been put to use as a specialized term in different disciplines and in business operations. Employee's ability, workplace environment helps to quickly adjust with specific roles available in that particular situation makes us to feel happy and play our role effectively to fetch the fruitful results as part of organization goals. Mingling with people helps to understand better and improves our communication skills to play an active role with the resources available in given time is crucial. It also gives ability to accept the wisdom and courage to transform in significant manner depending on the situation prevailed keeps us to fit in to the action makes us to face and achieve it. As rightly mentioned above necessity is the mother of invention.

# Truth and Reality

**Truth is knowledge, which is the reflection of what things are, which can be positive or negative, good or bad, right or wrong. Truth is not judgmental but factual. Truth is absolute for every human.**

*"Truth and reality in art do not arise until you no longer understand what you are doing and are capable of but nevertheless sense a power that grows in proportion to your resistance." — Henry Matisse*

Truth and reality swim together side by side at all times on all occasions in every moment irrespective of the location where we stay and works out like a guide and support us in our journey. It inspires and empowers to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Honesty and trustworthiness gives more strength to move together with likeminded people to share our views with an innovative and dynamic approach makes an impact on us and others as well. Let us rededicate, reconfirm and re-communicate in an effective and efficient manner to plan well and perform better and the best in course of action keeps us to fit in the shoe by mingling and understanding better to know the ground realities and execute with consistent way of approach. Cleanliness is close to Godliness. Clean your mind with positive attitude creates burning desire in winning mindset makes to accomplish our goals well in time is the best way of approach. Have patience and wait for an opportunity as an elite performer. Faithfulness and creativity makes a path to give confidence and courage to grow together. Success is a journey not the destination. Truth is like a fire and no one will dare to touch it without integrity.



# Truth Deserves Everything

**Believing that another person will do what is expected. It brings with willingness for one party to become vulnerable to another party on the presumption that trustee will act in ways that benefit us.**

*"Everyone suffers at least one bad betrayal in their lifetime.*

*"When people don't trust each other, everything is slow and takes a million meetings.*

*"We're paying the highest tribute you can pay an individual.*

*"Whether it's friendship or relationship, all bonds are built on trust.*

*"Whoever is careless with the truth in small matters cannot be trusted with important matters."*

Trust alone leads us to survive with good faith in long run. Faith alone leads us to move forward towards success path and stabilize to concrete the relationship strong and stable. Honesty and trustworthiness are key areas where one has to focus more to sacrifice and dedicate to determine and maintain the standards to gain confidence and courage to win the hearts of people in real life. Unconditional love and kindness are the key areas one has to be kept in mind to grow and sail the boat smoothly in our journey. Necessary measures like caution and carefulness keep us in safe zone to continue the relationship on either side irrespective of the location or circumstances prevailed gives more clarity to know the ground realities and understand better to plan and perform well in an innovative and dynamic way. Always bear in mind that no one can cheat forever all the times and lose the credibility slowly and throw in black list. Creating

an image and preparing the ground for goodwill is not an easy task and will not happen instantly. We have to construct brick by brick when time moves and prove on its own over a period of time and stay longer. Our own desires convert as habits and turn to melt the character as full pledged personality.

# Sunshine Mindset

**When you cannot find the sunshine, be the sunshine. Some days you just have to create your own sunshine. Always bring your own sunshine. Your life is as good as your mindset. It is everything.**

*"The passion for stretching yourself and sticking to it, even (or especially) when it is not going well, is the hall mark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives." - Carol Dweck*

Sunshine mindset is the gateway works like a key to move forward with positive mindset and make sure that to apply the skills acquired and allow us to learn and improve in due course. It inspires and empowers to create an innovative and dynamic approach with one step forward to reach miles and miles in our journey. As a result, we get an opportunity to meet the like-minded people and express our views to invite them and provide their knowledge and services to benefit others by sharing and caring. Learning is a regular process irrespective of gender, age, qualification and position of a person gives scope to improve and perform better with our sincere effort along with an effective communication skills make it possible the impossible things in real life. Self-motivation increases the self-confidence and gives courage to grow in a systematic manner and fetch the fruitful results in reality. Discipline is the root cause of everything. Plan well and implement it to get the best out of the worst. Consistency gives clarity. Your effort is your valuable asset. No one can push you forward in this world. You have to move and initiate yourself to get the things done in reality. Pray the Almighty to give more strength to plan accordingly.

# Dare to Dream – Have the courage

**“Believe! Where there is will, there is way. Do not wait the time will never be just right. Press forward. Imagine your best future. Be ambitious. Maximize your time.”**

*“All our dreams can come true if we have the courage to pursue them.”*  
-Walt Disney

*“The only thing that will stop you from fulfilling your dreams is you.”*  
-Tom Bradley

*“It may be that those who do most, dream most.”*  
— Stephen Butler Leacock

Discomfort is only the way to make it comfort in reality. We learn and experience on daily basis in our activities makes us to create a path to move forward with great zeal of enthusiasm in order to fetch the fruitful results in course of action. Where there is a will there is a way. Willingness creates desire which helps to learn and improve on our own motivates us to inspire and empower to produce the results makes it happen in reality. Action alone gives efficiency to plan well and perform better and the best. As long as we do our job failure question does not arise. We have to try our level best till it gives results to our satisfaction. Satisfaction is key for everything. A satisfied person is better than a successful individual. Success is a journey not the destination. Success rate increases accountability and shoulders responsibility to prove us as successful individuals. It makes us to learn and experience our own success as stepping stones to climb high and high as much as we can fly high and the sky has no limit. Let the new year fills with full josh and lot of hopes to fulfill with great inspiration to produce the best results to one and all. Dream big achieve big with consistent effort is mantra as new year message.

# Power of Believing

**The power of belief is amazing. Similar to an intention, a belief is founded in faith and confidence. While there is no “right” or “wrong” way to believe, it’s important to understand how it all works in order to manifest the outcome that you desire.**

*“The three keys to the power of belief that will allow you to manifest a desired outcome. A belief, like a purpose, is based on trust and faith.”*

*– The Soul Frequency.com*

*“Believe and act as if it were impossible to fail.” – Charles Kettering.  
Motivational, Positive, Faith.*

Power of believing is powerful journey to make an attempt in reality. It inspires and empowers to enlarge the possibilities with our vision and mission by applying our sincere effort keeps us to be alert and aware to know the facts in real life. It awakens thru reflections and helps to appear in mirror with different dimensions makes us in unrest, sleepless nights and face the challenges that occur in the form of conversations in our day-to-day activities. Our own faith and trust creates confidence in the power of God gives strength coupled with effort makes us to put a step forward to plant a seed in the form of courage in our mind leads to grow slowly and steadily to become a banyan tree over a period of time will grow like mount Everest. Commitment with burning desire commands me to become expert through learning and improve the skills required based on the plan designed will plunge in to the action makes it happen in reality. That is the power of belief! It increases our respect in faith with good sense make us to feel more responsible and accountable in our activities to proceed further in our journey. Our own connections will add communication and guide us to overcome the situation prevailed in due course of action.

# Evolve Yourself

**You can not evolve unless you are willing to change.  
To evolve is to develop yourself gradually from within  
yourself, the evolution of your mindset, habits, daily routine,  
associations, actions, and life.**

*"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love." – Martin Luther King, Jr.*

*"The whole point of being alive is to evolve into the complete person you were intended to be." – Oprah Winfrey*

*"Optimism is the most important human trait, because it allows us to evolve our ideas, to improve our situation, and to hope for a better tomorrow." – Seth Godin*

*"We are constantly evolving as we are interacting with the world. Mindfulness and growth mindset drives our evolution faster and on right tracks." – Amit Ray*

*"Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light you were meant to become." – Suzy Kassem*

*"Relationships don't remain constant, but are in a constant state of evolving, either positively or negatively." – Steven Redhead*

As a matter of fact, no two individuals mindset is same in this world. All of us look the same thing with different perception. Each one think in their own way depending on their level of understanding and digesting capacity. That is why we should learn and improve on our own consistently. Training helps to

great extent in this respect. Guidance and support plays vital role to inspire and encourage then empower an individual to elevate to the next level in reality. It works like a cycle and moves on from place to place at all times on all occasions at every stage in our journey. It is always better to remind and recollect ourselves by refresh with review in genuine manner makes us to enhance thru update and adding values by learning through interaction with like minded people makes an impact to us and others as well. It is on going process. Never look back and stop in the middle till you reach your destination during the course of action. If we fly high hold on the ethics, principles, values and customs. They make you to stand as pillars and create the building concrete with strong foundation gives more confidence and courage to proceed further in your journey. Our own attitude, wisdom, conduct and character creates brand image make a mark as goodwill in long run. It is in our hands to nourish and cultivate it with our own effort is our duty and responsibility. Then we feel proud of it. Be as star performer and try to fly as much high as possible with discipline and dedication. Sacrifice is the weapon to prove. Do it right now is the best policy. Live in your present.

# Plant a seed

**Literally, it means to put a seed in the soil and provide it with the conditions for germination and growth. Figuratively, It means to initiate something that can develop or expand in the future, or to introduce an idea to someone with the hope of influencing them. Planting a seed can be a way of creating the life you want to lead.**

*“From little seeds grow mighty trees. To plant a seed is to believe in tomorrow. Faith plants the seed. Never under estimate a power of a planted seed. To see things in the seed, that is genius.” – Unknown*

Wonderful journey! All the glitters are not gold! Each event and every moment in life teach a lesson in reality if we observe and listen carefully to bring some kind of change in our attitude. Discomfort and inconveniences are part of the process. Nothing is simple and easy as it looks when we see from outside. When we meet or reach closer and closer things will come out slowly and appears to be difficult than we assume and think in real life. It is the fact! We should realize and aware the truthfulness with our own experience makes an impact on us and others as well. Slow and steady wins the race is the best way of approach. Have patience! Wait for opportunity! Just believe. Things will set right slowly one by one. Nothing happens overnight! Instant results will not fetch much in long run. They move like clouds one after one. Honesty and integrity is the best policy. It gives stability to move forward with great zeal of enthusiasm to focus more on our desired goals. Where there is a will there is a way. Willful exercise gives willful results. Mindful exercise gives mindful results. Results are ultimate. Be result oriented! Create positive mindset! Listen carefully! Talk less and work more. Work alone yields the fruitful results.



# Personal Development

**Personal development refers to activities that develop a person's capabilities and potential, build human capital, facilitate employability, and enhance quality of life and the realization of dreams and aspirations.**

*"Life is growth. If we stop growing, technically and spiritually, we are as good as dead."* — Success.com

Expectation is a key word one has to bear in mind and keep to minimize to the extent as low as possible. It gives us an immense pleasure and satisfaction. Instead it is better to focus more on our desired goals with great respect to find the ways and learn more to open the doors with an innovative and dynamic manner makes an impact on us and others as well in reality. Self evaluation helps to recognize the needs and search for the tools required to find the ways and means. Inner engineering with burning desire alone makes us to search for food when we are hungry. Hungry stomach needs food. Necessity is the mother of invention. Where there is a will there is a way. Willful exercise gives willful results. Mindful exercise gives mindful results. Consistency helps to grow well in right way with right people at right place in right time for right cause to accomplish the right results is the right way of approach. Let us rededicate and reconfirm to relocate as an elite performer to find the ways and means with great trust and commitment allows to reach our destination safely and securely well in time in this journey. Create your own path to follow and set an example to others is key exercise. Set high standards to reach the next level.

# Be Inspired to be Inspired

**When you are giving up, someone is still going. Take your dreams seriously and work hard to get them. Success is the best in any way, nothing is better than success in your work.**

**Believe!**

*"You are braver than you believe, and stronger than you seem, and smarter than you think." – Dreams quote.com*

*"When life puts you in tough situations, Don't say "WHY ME"? Just say, TRY ME." – Dreams quote.com*

Be ready to face the challenges that occur with courage and develop confidence to cultivate in disciplined manner makes us to put a step forward to reach miles and miles in our journey. Thought process is main and application of brain helps to think in right direction with right people at right place in right time for accomplishing the right cause is the right way of approach. Patience is key for everything. Belief process gives more strength and make us strong to inspire and empower to fetch the best results in reality. Action plays vital role by focusing more on our desired goals. Unexpected and difficult things will happen in real life. It is part of the process. A provision has to be made for facing the contingencies is stressed here on this occasion. Man proposes God disposes in every aspect and do your duty with sincerity. Your effort is your valuable asset. Consistent effort alone gives the fruitful results. Never look back once determined and dedicate yourself to move forward till you reach your goal. Life is like a journey. We have to sail on the boat safely and securely. Take precautions and be alert. Awakening and awareness are two key words to bear in mind and raise up to dress up to walk with Mother Nature. Be brave!

# Inner Tranquility

**The real spiritual progress of the aspirant is measured by the extent to which he achieves inner tranquility. It is in your power to withdraw yourself whenever you desire.**

*"I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life."*

— Dalai Lama

*"Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and a more than ordinary knowledge of the laws and operations of thought."* — James Allen

*"Nobody can bring you peace but yourself."* — Ralph Waldo Emerson

*"If you are depressed you are living in the past if you are anxious you are living in the future, if you are at peace, you are living in the present."* — Lao Tzu

*"When things change inside you, things change around you."*  
— Unknown

Creativity and innovation are God given gifts in the form of nature in natural form brightens us in many ways with our innovative and dynamic way of approach keeps us to be close to Mother Nature in real life. During this journey hold someone closely in one's arms, especially as a sign of affection accept a belief theory or change willingly and enthusiastically to move

forward together to safe guard each other with great respect is the bear fact. It implies the happiness of acceptance adds an implication of attachment to a cause and share our love and kindness with everyone. The inner tranquility leads as belief and makes us strong towards our bondage with like minded people to share and care in every moment of our journey keeps us to feel joy and pleasure. At the same time, it also gives an immense pleasure and satisfaction. It brightens our role as human beings to bring some kind of change and create the spirit of unity to work as a team and prepare ourselves as warriors with good faith gets confidence and courage to face the challenges that occur in our roles on regular basis keeps us strong and stable. Unity gives strength. It creates team spirit. Team work alone makes it happen in reality. We alone can run with great zeal!

# The True Believer

*"The true believer thoughts on the nature of mass movements. The true believer is the highly proactive best selling analysis of the fanatic – A man compelled to join a cause, any cause and a penetrating study of mass movements from early Christianity to modern nationalism and communism." – Eric Hoffer*

Power of connection is the power of belief! It inspires and empowers us to move one step forward to reach miles and miles in our journey. Belief system makes us to be strong and stable. At the same time it makes us to learn and improve in various aspects on daily basis. Learning is a life long process. Transformation helps to move forward with great zeal of respect and enthusiasm in order to fetch the fruitful results during the course of action. Action alone gives the best results in real life. Be active and alert in all respects at all times and on all occasions gives more strength and stability to plan well and perform better with sufficient skills. Will gives skill. Skill gives confidence and courage to make an attempt with logistic way of approach. Thought process is ultimate. An idea can change this world to large extent. Love yourself and your work. If you enjoy the process you will become the key performer to transform yourself and others also. With this experience you can shake this world to bring some change one way or the other. There is no short cut method for success. Success is journey not the destination. Struggle alone gives the best results. Hungry stomach alone search for food. Need makes to realize and respond.

# Kindness and Affection

**Say Good morning to a person standing next to you in the elevator. Take a minute to direct someone who is lost, even though you're rushing. Write a letter to child who could use some extra attention. Help clean up without asking. Take a minute to direct someone who is lost, even though you're rushing. Pay the toll for the driver behind you.**

*"Love and kindness are never wasted. They always make a difference."* – Helen James

*"What is lovely never dies. But passes into other loveliness."* – Thomas Aldrich

*"A part of kindness consists in loving people more than they deserve."* – Joseph Joubert

*"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."* – Princess Diana.

*"Spread love everywhere you go. Let no one ever come to you without leaving happier."* – Mother Teresa.

*"Human kindness has never weakened the stamina or softened the fiber of a free people."* – Franklin D. Roosevelt.

That is the power of love and kindness! Anyone can feel through expression and experience to large extent through reality. Our own attitude makes to feel and provide a room to understand better and the best about an event or occasion keeps to remember forever. Even a small support and guidance makes an impact altogether. It has its own power and value. Keep in

mind to be good and do your best in given circumstances and the time available with the resources provided makes a lot and create positive direction to move forward with one step to reach our goals well in time is the best way of approach. It ignites the power within to spread all over the world. You need not even express nor show your actions will speak better than you in the form of results. Results will shout loudly to spread in the form of news without any boundaries all over the world. They can fly without wings. Effective communication has power to reach and make you as celebrity depending on the strength you have created and the result you have exhibited will occupy the first place. We need not do great things to become great. Every small thing become great and gives more strength by creating an impact to us and others as well. Consistency helps to make an individual.

# Servant Leadership

**Servant leadership is a leadership approach that puts serving others above all other priorities. Rather than managing for results, a servant leader focuses on creating an environment in which their team can thrive and get their highest-impact work done.**

*"The best way to find you is to lose yourself in the service of others." — Mahatma Gandhi*

*"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." — Ronald Regan*

*"The true test of leadership is how well you function in crisis in a crisis." — Brian Tracy*

*"The most powerful leadership tool you have is your own personal example." — John Wooden*

*Never worry about numbers. Help one person at a time. And always start with the person nearest you." — Mother Teresa*

Cleanliness is close to Godliness! As an elite performer and selfless leader one has to contribute their level best for good cause to build the nation as mark of respect. Setting an example is a primary quality one has to cultivate and develop the system designed in our society leads us to grow as powerful leaders to empower the people at large are one of the best qualities maintained by Lord Sri Rama is eye witnessed here in this picture. Devotion and duty are twins and travel together when we perform wholeheartedly to serve the people and fetch the fruitful results in real life. Honesty, integrity, ability



and stability create more strength to lay the foundation strong and stable. Confidence and courage helps to focus more on the goals to accomplish as a team and make it happen in reality. Way of approach and attitude builds the relationship with better understanding to know the ground realities to plan well and implement it in an effective and efficient manner gives an immense pleasure and satisfaction. It also inspires and empowers to face the challenges that occur during the course of action. Servant leadership is one of the best qualities we should learn from Lord Sri Rama. It works like a guide and manual to follow by us.

# Service Leadership

**“Service is the very purpose of life. It is the rent we pay for living on the planet.”**

*“If you want to lift yourself up, lift up someone else.”* – Booker Washington

*“The first and most important choice a leader makes is the choice to serve, without which one’s capacity to lead is severely limited.”*  
-Robert Greenleaf

*“Leadership is not about control but service. It’s not about power but empowerment.”* -Myles Munroe

Service to others is a tough and difficult exercise! We never know what is in their minds and feelings about the product or services provided keeps in puzzle and confuse us in majority of cases to evolve and observe. Still it is our duty and also responsibility to know more about the customer taste and requirements as a service provider to run the business and sail smoothly with good relations to the maximum extent. Otherwise, we cannot run and move forward successfully in long run. Giving something extra certainly makes an impact on the part of customer and allows to repeat as regular customer is the top priority. The decision is yours. You should know better and the best about your customer and it is your prime duty to read the customer in all respects and satisfy to continue the business with you is ultimate and a million dollar question. Pay attention with smile and create an ambience as give and take policy with win-win strategy keeps in safe zone. Never compromise in quality and give space to give a reasonable price will create goodwill in long run and strengthen the relationship concrete like a pillar to lay the foundation stable

makes the customer to revisit and continue the business is the best source and worth mentioned in this context. Service after sales is the real task starts and begins our attitude and appears the real colors towards our attitude and everything to say in one word. To say frankly most of us will face this problem on daily basis with majority of service providers in reality. Theory is different than practicality. Creating brand image in terms of everything is counted on finger tips in most of the cases whether you agree or not. It is our experience that things are not up to the mark and in rare cases it may happen as an exceptional. Let us prepare ourselves to digest the fact and understand the concept in right perception. Even if we are in their position we may also behave like that. No one is right or wrong. The situation plays the role and allows us to behave like that. It is part of the process. Change is must and inevitable. If we do not change the change will chase us. Be prepared for the repercussions and consequences that occur in day-to-day transactions. Goodwill leads to maintain good relations with customer satisfaction. It is ongoing and never ending process as long as the business exists. Please understand with right spirit.

# The First Step

**The phrase “as a first step” is correct and usable in written English. It is usually used to describe an action that must be taken before any other steps can be taken.**

*“One step at a time is all it takes to get you there.” – Emily Dickinson.*

*“Faith is taking the first step even when you don’t see the whole staircase.” – Martin Luther King, Jr.*

*“Take the first step, and your mind will mobilize all its forces to your aid. But the first essential is that you begin. Once the battle is started, all that is within and without you will come to your assistance.” – Robert Collier*

*“Do not wait; the time will never be “just right.” Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.” ~ Napoleon Hill*

*“Start where you are. Use what you have. Do what you can.” ~ Arthur Ashe*

*“If you can’t rent a backhoe, buy a shovel.” ~ Unknown*

Well said! It is always better to consider good examples as the first step to bring some kind of change in our perception makes an impact to great extent in real life. No doubt, exceptions are there in every field. Even in those exceptions also suffered and struggled to large extent and raised up with critical thinking and consistent performance with their own ability and proved as successful individuals. Nothing happens instantly. There is no short cut method for success. Success is a journey. Struggle

alone yields the fruitful results. Your effort is your valuable asset. Planning and implementation helps to perform better with positive attitude. Willful exercise gives willful results. Mindful exercise gives the best results. Where there is a will there is a way. Discipline is the root cause of everything. It allows us to create our own path in right direction with right people at right place in right time with right cause to achieve the right results is the right way of approach. All of us have right to rule the world. If we want to rule the world we should acquire the skills required and qualify ourselves is the first and foremost quality. Then things will happen if we focus more on our desired goals. Set a goal and proceed!

# Youth Empowerment

**Startup, Startup as a beginner, Startup life, Startup journey,  
Startup community, Startup business, Startup growth,  
Startup success, Startup support, Startup India**

*"Youth is the gift of nature, but age is a work of art."* – Stanislaw  
Lec

*"I am not what happened to me, I am what I choose to become."* Carl  
Jung

*"If governments are unwilling to lead when leadership is required,  
people must. We need a global grass-roots movement that tackles  
climate change and its fallout."* – Kofi Annan

*"Youth empowerment is important to me because when empowering  
the youth and future of the world we give them the power of change  
and the power of brake cycles that have caused problems in the past."*  
– Ashleigh Australia

Dream big achieve big is the rule of law. Unless we aim big we cannot put our sincere effort and strengthen the ability to perform better and focus more on our goals to determine and dedicate to sacrifice more to achieve our desired goals. Youth play a key role in this respect. They are young, energetic with strong will power to learn more and more on regular basis makes them to reach new heights in reality. Creating mile stone is a step by step process. Every day is a new opportunity to consider and utilize the resources available in a given time to make it happen with our effort gives confidence and courage to move forward in this journey. A little support and guidance motivates everyone to think in an innovative, dynamic and dashing approach makes it

happen by understanding the ground realities in the field is the first criteria to put a step forward with great zeal of enthusiasm to reach miles and miles in our journey. Vision and belief allows young minds to go ahead with winning mindset and the way of approach gives the best results. Thought process is ultimate. An idea can change this world to great extent. Transformation is a key for everything. As long as our intentions are good things will happen in our favor. Proceed!

Startup is journey beginning with something based on needs and skills we have on hand allows us to plan and implement it by facing the challenges that occur during the process makes an impact and show the ability through our performance is a key exercise to follow by all of us. Youth will play an important and dynamic role in this respect immediately after completing their studies they want to settle either hook or crook is not the right concept. Vision helps to determine and dedicate to sacrifice with proper plan helps them to focus more on their desired goals and set up their own activity to withstand by facing the contingencies that occur will make them stubborn and improves their willpower to settle and stay them with the field they select and prove as great leaders in long run. Experience helps to forecast the uncertainties in day-to-day activities. Consistency gives concrete results. Growth is the base for everything. A small guidance and support inspires and empowers youth to motivate and put one step forward makes to reach miles and miles in their journey. They are our future. We should take care of them in all respects at all times on all occasions is need of the hour. Technology helps to meet the demands. Coaching is must.

Youth empowerment is need of the hour. Youth play a key role in our society. Enlightenment of youth inspires and empowers them to think in right direction at right time with right people at right place with right cause yields the best results in real life. Guidance and support helps to tune them to apply and acquire the necessary skills required elevates them to the next level in

reality. Discipline, determination, dedication and devotion helps to commit and confirm to plan well and implement it in an effective and efficient manner makes them to communicate and concentrate to rely and share our views with others to reach our goals is part of our duty and responsibility. They are our future. JCI is playing vital role in this respect. Excellence is the way of JCI to spread as global organization without frontiers. An active, smart, healthy and sustainable leadership creates healthy ambience to grow as disciplined soldiers and dynamic personalities makes an impact on the part of society at large is stressed here on this occasion. Impact Foundation is one among them to train and inspiring youth in different ways by conducting various training programs, summer classes, Meetings, workshops and symposiums with free of cost is well recognized and successfully completed its Silver Jubilee Celebrations. I feel proud of it in creating trainers to lead the future and showed a path to young achievers as icons of this universe. This credit certainly goes to The Team Impact Foundation and they are deserved for it. It is a collective effort. We, as individuals should play our role as elders to guide them with right perception to bring some change in this world. A small act makes an impact on us and others as well. That is the power of our journey.



# Healthy Life Style

**The World Health Organization in 1946 defined health as ‘A complete state of mental, physical and social well-being not merely the absence of disease’.**

*“Hate the sin, Love the sinner.” – Mahatma Gandhi*

*“God has no religion.” – Mahatma Gandhi*

*“Where there is love there is life.” – Mahatma Gandhi*

*“In a gentle way, you can shake the world.” – Mahatma Gandhi*

*“Nobody can hurt me without my permission.” – Mahatma Gandhi*

Thought process is ultimate! Mindset leads us towards our goals to determine and dedicate then sacrifice and focus more on our desired goals to fetch the fruitful results is the best way of approach. Never go in depth is right or wrong and invite problems. Usefulness is the best concept. Take the cream in given circumstances with available resources is an art. Application of brain with common sense sets us in right direction to grow safely and securely to reach our destination well in time is the best way of approach. Planning and implementation gives more clarity. Performance is a key for everything. Consistency gives ability to prove ourselves as dynamic personality with an innovative approach keeps fit in with flexibility. Love and kindness are like two rails to run the show smoothly and safely. An effective communication makes us to reach more like minded people to express our views and interact to get the feedback for decision making and implement the things more effectively and efficiently. Will is the root cause of everything. Motivate yourself to evaluate and appreciate at least once a day makes you to become an elite performer. Consider it as passion to feel responsible and accountable yourself.

# Human Responsibility

**Being able to consciously make decisions. Conducting behaviors that seek to improve oneself and/or help others.**

**Accepting the consequences of one's own actions and decisions. Ensuring that one exercises their rights with consideration for the rights of others. Taking responsibility for one's own actions and decisions, and not blaming others when expected standards aren't met.**

*"The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant."* – Max De Pree  
Quote

*"The most important thing is to have a sense of responsibility, commitment, and concern for each of our fellow beings."* – Dalai Lama

*"With freedom comes responsibility, a responsibility that can only be met by the individual."* – Ronald Regan

Responsibility and accountability coupled with involvement in connection with productivity gives effectiveness in communicating with team members to inspire and empower them to grow together horizontally. Organization growth is individual growth vice versa and contribution to society at large makes the nation strong and stable in reality. Industrial growth scales with the per capita income of an individual will increase multi fold and proves the needs of individuals in terms of consumption shows the capacity of an institution and its work force. Creating the work culture, work environment shows the skill levels of their workmen and women by applying technology makes an impact on the part of the organization

and society as well. Continuous learning will balance the health of an employee as a disciplined individual to mingle with colleagues, peers, superiors and officials. It gives scope to learn and improve in a systematic and dynamic manner with an innovative approach as an efficient individual and allow to visualize the future with strategic planning. Collective effort gives collective results. Sharing and caring is part of the process. Success comes through so many ways. It is wise to understand.

# Powerful Reframing

**Cognitive reframing is a psychological technique that consists of identifying and then changing the way situations, experiences, events, ideas and emotions are viewed.**

**Cognitive reframing is a technique used to shift your mindset so you're able to look at a situation, person, or relationship from a slightly different perspective. Cognitive reframing is something that you can do at home or anytime you experience distorted thinking.**

*"I noticed that when I focused on the negative in my mind. My life seemed to reflect that negativity. However, as I grew determined to not only have a better life, but also improve my attitude and thought pattern, my experience of life improved." – CFS Inspiration*

*"Reframing empowers you to take negative thoughts related to a problem and convert them into positive solutions." – Rock your...  
Home School*

Leadership is a dynamic activity which gives innovative approach with brilliant ideas to change our mindset as quick as possible and keeps our mindset in a firm manner to determine and dedicate and sacrifice to focus more on our desired goals. Reframing is one among them to express and consider to fit in the shoe in a given time with available resources in appropriate situation makes the leader to grow in a systematic and dynamic manner gives ability to prove and perform better and the best. Application of brain is the prime activity in this respect. Action is the next step to move forward with great zeal of enthusiasm in order to fetch the fruitful results in our journey. Effective communication is another key area one has to bear in mind

to mingle with people and express the views with others for acquiring the best results in reality. Skill development, training, consistent performance, listening, courage, good health, discipline are some of the best qualities one should have as a dynamic leader. Then only the leader can live in the minds of people forever is possible. Smile always accept the challenges to plan and implement them with team spirit gives more clarity. Unity gives more strength. Sharing is the primary quality.

# Imagination and Visualization

**Imagination and visualization are two words that are often used interchangeably, but they have distinct meanings. While both words involve mental imagery, they differ in their processes and outcomes. Imagination refers to the ability to create mental images or concepts that are not present in the physical world.**

*"Visualize, focus, and execute."* – Unknown

*"Limits begin where vision ends."* – Anonymous

*"As you think, so shall you become?"* – Bruce Le

Imagination is a great way of visualization which has no frontiers and move freely anywhere in this universe. Rediscovering, redefining, re-dedicating helps us to think broadly and widely expands our circles in broad manner gives more scope to enlighten and empowers us in right direction at right time with right people at right place for right cause to accomplish the right results is the right way of approach. Self-evaluation, self-understanding, self- acceptance is part of the inner peace which has more capacity to prove ourselves as successful individuals. It shows the path and ways to create our own circles with an effective communication keeps us to interact with likeminded people to share our views and invite them to move with us in our journey to grow together is part of the game. Smile always and be joyful yourself in every moment with pure and joyful thoughts makes you to maintain good health. Stand like a tree on your own set an example to others to shine bright like a sun, moon and stars in the sky. Trees will never feel even the leaves fell down have confidence that it will grow on its own as part of Mother Nature. It is God given gift to all of us to love and live together by giving others will get more satisfaction.

# Academic Excellence

**Academic excellence is the demonstrated ability to perform, achieve and excel in scholastic activities. It is not only measured by grades and scores, but also the quality of learning and the development of skills and knowledge. Academic excellence requires dedication, passion and hard work.**

*“High quality, competency – based education starts with a deep commitment to equity by leadership – school board, superintendents, and principals – that all students can and should learn. Leadership drives a community conversation that ensures equity is at the forefront.” – Aurora Institute*

*“We believe that school teams – Principals, teachers, and support staff – who make an outstanding contribution to their students should be recognized and their success celebrated.” – Academic Excellence Quotes*

Academic excellence is the main source to accomplish it through learning attitude from distinguished faculty who has an outstanding and commendable knowledge on various subjects make the incumbents to exhibit their skills at various levels in most of the institutions is a welcome sign on the part of student community. Teaching and learning is one area which gives scope to grow together by sharing our knowledge while teaching makes an impact and continue like a flowing river which flows to crop up gradually to shine our light and brightens our mind to stabilize and make it strong and stable in long run. Utilizing the available resources is a main object in given time by putting an effort with learning attitude gives scope to grow better and the best on the part of student is stressed here on this occasion.

Discipline and dedication with determination helps to focus more and sacrifice for the sake of new opportunities to create and follow accordingly. Guidance and support is the key exercise on the part of guides to inspire and empower research students will motivate to move forward in their journey in an innovative and dynamic manner helps to achieve their goals in long run. A lot of coordination is required among the team mates.

Academic excellence inspires and empowers youth in all respects to grow in healthy way to accomplish their goals and make them to be energetic and enthusiastic to face the challenges that occur in their day-to-day activities makes them to learn with an innovative and dynamic approach keeps them to fit in the frame. It creates an entrepreneur mindset in young minds to take decisions on their own with positive attitude to grow and develop in their career to the next level in real life. Elevation is the first step to evaluate and appreciate in reasonable manner in their journey. Opportunities are plenty if we visualize and organize properly. It always opens the doors when our intentions are good and scope is there to grow in better and the best manner. Will is the main criteria to develop the skills required makes a platform to grow together with teamspirit gives large scope and provide the facilities to meet the requirements is worth considered to establish the Centre of Academic Excellence is the best example to utilize by everyone. It is a wellcome sign and superior opportunity created by Tamil Nadu Government to spread across the state with a view to be benefited by majority of youngsters to build the state strong and stable.



# Dream, Believe, Achieve

**Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. They are the seeds of your future. Believe them and you can achieve them. If you can dream it, you can achieve it.**

*"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."* – Dale Turner

*"The biggest adventure you can take is to live the life of your dreams."* – Oprah Winfrey

Dream big! Believe yourself. Evaluate and appreciate yourself. Enjoy your journey. Live in your present. Love and live with people. Love yourself and your work. Work alone yields the best results. Work is Worship. Duty is Divine. Consistent performance yields fruitful results. Your effort is your valuable asset. Effort and ability gives strength. Burning desire makes to commit. Once you commit it makes you to learn and earn. Earn your knowledge through skill development. It makes us to motivate and train through various means and upgrade to update on our own at various levels to elevate and enhance to the next level in reality. Results are ultimate. End result is the criteria at the end of the day everyone will analyze and enjoy the day with the results achieved and the effort put in gives some satisfaction and play key role in our journey. Goal setting is must. Set a goal and try to achieve it. Achievements are like stepping stones and it works like a ladder to climb step by step from one corner to the other gives hope to move forward with great zeal of enthusiasm in order to fetch the desired results helps to reach our destination well in time is the right way of approach. Determine and dedicate to sacrifice and focus. Achieve!

# Inspire, Laugh, Learn

**Laughter is a part of human behavior regulated by the brain, helping humans clarify their intentions in social interaction and providing an emotional context to conversations.**

**Laughter is used as a signal for being part of a group — it signals acceptance and positive interactions with others.**

**Laughter is sometimes seen as contagious, and the laughter of one person can itself provoke laughter from others as a positive feedback.**

*"Motivation is what gets you started. Habit is what keeps you going."* – Inspirational Quotes

*"Happiness is seeing the smile on a child's face as they learn."* – Pinterest.com

*"Be the reason someone smiles today."* – Inspirational Quotes

Expectations, presumptions, predictions, projections and hopefulness from others may turn into discomforts, disappointments, sorrowfulness and desperation if it does not happen or materialize in most of the cases. It is always better to minimize and avoid if possible not to depend on others in any way and pray Almighty that you should be in a position to manage on your own and should be as giver makes you happy in all respects at all times on all occasions. When you give something do not expect back. If you do so it leads to the unpleasant situation and throw you in darkness. Never compare with others. Be simple and humble which gives peace of mind. You are the king to your kingdom. Just compare with your previous performance and try to do the best in given circumstances with available resources makes you to feel be

happy. Winning mindset with positive attitude leads towards accomplishment of your goals on hand makes it happen in reality. That is the power of will. Where there is a will there is a way. Do your best. Give your best. Hope for the best. You will get the best. Believe! Belief gives everything. You are the key performer. Your effort will never go waste. You are the brand ambassador of your own product. Goodwill saves!

# Growing Together

**Growing together in a relationship means sharing common experiences and working towards common goals. It is about learning and growing as individuals while also supporting each other. Growing together creates a strong bond between partners that can weather any storm. For things growing together means joining together as they grow and develop. Growing together also means exploring and adapting how we work together internally and with clients.**

*“Coming together is a beginning; keeping together is progress; working together is success.”* – Edward Everett Hale

*“You don’t need a group of super stars you need a team working together to bring you better results.”* – Brian Lara

*“A sustainable world means working together to create prosperity for all.”* – Jacqueline Novogratz

Opportunities are like stepping stones. We have to grab them one by one and put our sincere effort to climb on daily basis. It is like a process. One has to believe and understand in better manner to realize and reflect in systematic and dynamic way with great zeal of enthusiasm to learn and earn the knowledge with great respect. We cannot grow as leader in one day. It needs ability to perform and understand the systems to grow in right way. Team spirit is utmost important. Growing together is a great concept. Love and kindness gives an opportunity to move and mingle with people to learn and earn their consent to accomplish the desired results. Management is an activity. We have to act upon. Action gives results. Results are ultimate. It leads us towards success journey. Success gives recognition. It

shoulders to feel more responsible and accountable. People will expect more from us and compete ourselves on our own with our previous results. That is the power of will and skill. Set your own goals and set an example to others. Create your own path to follow by others. It gives pleasure and satisfaction. Artificial intelligence is need of the hour. We have to update and upgrade it on daily basis. Learning is part of the process. Training gives more knowledge. It makes us to be an efficient personality to prove as a successful individual.

# Never Fail to Try

**This phrase means that if you fail at something on your first try, you should not give up. Instead, you should keep trying until you succeed. It emphasizes perseverance and resilience.**

*"Try, try, try, and keep on trying is the rule that must be followed to become an expert in anything." – Unknown*

*"Great things happen to those who don't stop believing, trying, learning, and being grateful." – Roy T. Bennett*

*"Those who truly want something will keep trying until they die." – Maxime Lagacé*

*"You never fail until you stop trying." – Albert Einstein*

*"Better to try and fail than not to try at all." – Nicole Krauss*

Never fail to try! Try your level best even if failure invites no worry! Considering it as a stepping stone to climb up one by one on a regular basis makes it strong and stable. Failure questions do not arise as long as you are on the field. You only find the ways to overcome and get solutions to accomplish the problems that occur in day-to-day activities. Wisdom and attitude gives support to encourage and enhance to the next level in reality. It elevates to new heights to inspire and empower then transformation makes an impact to a large extent and thinking differently with an innovative and dynamic approach makes determination and dedication to sacrifice and focus more to know the ground realities and plan well to implement it in an organized manner. Strategic approach makes consistent effort and gives valuable feedback to update and upgrade. It helps to develop the skills through a learning attitude gives strength

to face the challenges that occur at ground level. It cultivates empathy and compassion and gains experience to make the setbacks where required. The human experience binds us to move together and work together, share together and live together for our own growth and development. Flexibility and reliability allows you to listen carefully.

# Building AI Skills

*"Artificial intelligence will reach human levels by around 2029. Follow that out further to, say, 2045, we will have multiplied the intelligence, the human biological machine intelligence of our civilization a billion-fold." ~Ray Kurzweil*

*"Machine intelligence is the last invention that humanity will ever need to make." ~Nick Bostrom*

*"The potential benefits of artificial intelligence are huge, so are the dangers." ~Dave Waters*

Expertise is one area in any field that is a must and welcome sign initiated by Shawn Malhotra in AI skills factory for supporting staff who are not engineers and specialized in their field is worth mentioning in this connection. Creation of AI building blocks for developers and non-engineers generates the AI platform that makes it easy for them. Guidance and support makes an impact on the part of people and the organization as well is stressed here in this respect. Training is must and mandatory irrespective of its size and nature of activity. People management plays a key role in this respect. Identifying the roles and their needs to encourage them will boost the employees morale and contribute more to their level best to grow the organization in multiple folds. Building AI Skills at all levels keeps the organization healthy and wealthy. People are the first asset and occupy the first place, then they create customers through their effort and make the institution strong and stable in the long run. Helping each other and working together is possible in teamwork. It creates team spirit and learns from each other by involving and interfering at all levels across the organization is stressed here on this occasion. Let us rededicate and redesign.



# Prioritize Yourself

*If you want to have enough to give to others, you will need to take care of yourself first. A tree that refuses water and sunlight for itself can't bear fruit for others. -Emily Maroutian*

*As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others. -Maya Angelou*

*Self-love is an ocean and your heart is a vessel. Make it full, and any excess will spill over into the lives of the people you hold dear. But you must come first. -Beau Taplin*

Prioritize yourself! Evaluate yourself! Organize yourself! Establish yourself! Appreciate yourself! Enjoy yourself! Commit yourself! Confirm yourself! Then you will become strong and stable to help others. A bird in the hand is worth more than two in the bush. An empty cup can not pour milk to others. Togetherness gives more strength. Involve, inspire, empower and equip the system to be practical in reality. An action gives a reaction. Act upon and do your best. Give your best. Hope for the best. You will get the best. Be optimistic! Be realistic! Be reliable! Live in reality. Love and kindness gives happiness. Love alone can reach more people. Mother Teresa is the best example and she earned the hearts of people with love and kindness. It makes an impact on us and others. Struggle alone gives the best results. There is no short cut method for success. Success is a journey not the destination. Move forward to reach your destination one step forward to reach miles and miles in our journey. Will alone gives thrill and it helps to acquire the skill. Skill development is the success mantra. Motivate yourself. Self motivation is the best approach. Believe! Belief gives everything. Be simple and humble. Keep up!

# Strive for progress

*"Weak people take revenge. Strong people forgive. Intelligent people ignore." – Albert Einstein*

*"Beware of false knowledge; it is more dangerous than ignorance." – George Bernard Shaw*

*"Progress not perfection...you can't perfect everything...but you can gain progress on a daily basis." – Court McGee*

*"The greater part of progress is the desire to progress." – Seneca the Younger*

*"True progress quietly and persistently moves along without notice." – Saint Francis de Sales*

*"The secret of making progress is to get started." – Mark Twain*

Progress not perfection is about focusing on the work you've done rather than the end goal. It's about learning to appreciate the journey instead of just focusing on the result. If you have a "progress not perfection" mindset, you recognize all the work you've done to reach your goal even if you haven't done everything perfectly. This quote emphasizes the importance of striving for progress rather than perfection. It encourages continuous improvement rather than focusing on perfect results. By embracing progress, we acknowledge that growth and improvement are ongoing processes.

Togetherness gives more strength. Co-ordinate, co-operate, concentrate and communicate effectively and efficiently with an innovative and dynamic way elevates to the next level in real life. It creates team spirit with better clarity to know the

facts and figures to understand better and the best will help to know the ground reality. Collective effort gives an opportunity to learn with great spirit and value to determine and dedicate to sacrifice and focus more on our goals. It helps to motivate and drive to measure the success with clear cut vision in a strategic way and share the resources, knowledge, support and guidance to achieve the shared goals. The dream will be converted into reality by creating together as a team makes an impact among the team members. Let us rededicate, redefine, reconsider and revolt to generate the collaboration not for personal gain just for community growth. Victory mindset cultivates win full strategy with progressive growth horizontally creating a healthy environment. Strive for progress not for perfection. The world is not perfect. No one is perfect in this world. All of us are striving for progress one way or the other. After all, we are humans. We too have ups and downs. No one is exempted from this rule. The rule of law is the rule of awareness. Know as much as you can. Enjoy your journey in a given time with available resources and contribute your level best. You are the best in this world. You only can do it. Be happy!

# Healing gives wellness

**Instead of simply looking at specific issues, whether they are health complaints like a chronic or acute illness, lifestyle issues such as diet, exercise, or weight gain, a holistic approach to wellness takes every aspect of a person's life into account in order to find a place of healing, balance, and positive energy.**

*"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear." – Lord Buddha*

*"Food is medicine, and the right kind of relationship with food can make a positive impact on your health." – Hayley Hobson*

*"The food you eat can be either the safest and most powerful form of medicine, or slowest form of poison." – Dr. Ann Wigmore, N.D.*

*"I have chosen to be happy because it is good for my health." –  
Voltaire*

*"You don't have to be happy every second to be happy overall." –  
Unknown*

*"People are just as happy as they make up their minds to be." –  
Abraham Lincoln*

*"Happiness depends upon ourselves." – Aristotle*

Healing gives great relief! Spirituality is the quality of being concerned with the human spirit or soul as opposed to material or physical things. Being spiritual implies seeking to better understand one's inner life in order to act more wisely in this world. The spiritual practice of living out a personal act of faith

following the acceptance of faith is the main criteria. A true teacher can give this without any explicit concept with a wise and innovative way to nurture the students in many aspects. It makes them wellness in the long run and become useful citizens of this great universe. It helps the holistic lifestyle through learning. Awakening is another side of the coin that helps to aware, arise, inspire, empower, and applaud us in many aspects in our journey. Testimonial is a reference, presentation, recommendation, gift or endorsement that inspires and ignites the light within us. It works like a mission and encourages us to move forward with great zeal of enthusiasm towards our journey. SUPER FREQUES GROUP certainly stands first as positive vibes to shoulder and carry together in this respect. They have a teacher and student relationship which continues forever. Let us shine brighter together like sun rays gives more light.

# Higher Perspective

*"The difference between a mountain and a molehill is your perspective." – Al Neuharth*

*"You can't change what's going on around you until you start changing what's going on within you." – Pinterest.com*

*"If you want to change your life then you need to do something consistently to see the change happen." – Howtopraythe scriptures.com*

*"Life is about perspective and how you look at something... ultimately, you have to zoom out." – Whitney Wolfe Herd*

*"Perspective is everything when you are experiencing the challenges of life." – Joni Eareckson Tada*

*"It's important to have people who are absolutely willing to say you're wrong or who have a totally different perspective than you do on everything. Fresh ideas are hard to come by, and good ones are even harder." – Shonda Rhimes*

*"If you're wondering what I mean by "miracle", it's simple: a miracle is a shift in perspective from fear to love." – Gabrielle Bernstein*

A higher perspective is a comprehensive, insightful, or wise view point. It is used to suggest that a certain situation or idea is being looked at from a more comprehensive view point. Leaders are charged with the task of gaining a higher perspective to see what is around including opportunities for growth and profit, as well as threats to their market share and products or services. Having a higher perspective means being able to see the journey

far enough to know which direction to head in and the steps needed to get to the end point.

Higher perspective gives high energy with great zeal of enthusiasm to visualize in a strategic way to identify the strengths and weaknesses in all angles as an elite performer is part of the leadership quality. It inspires and empowers the leader to plan well and perform better and the best in given time with the available resources. Awakening is the success mantra helps to grow as a leader in the right way with right people at right place in right time for the right cause is the right way of approach. It motivates to elevate and enhances to reach peak in reality. As part of it makes an individual create and cultivate a positive attitude. Consequently, it gives mental and physical fitness to put a step forward to reach miles and miles in our journey. Protection is the primary objective of an individual from all corners irrespective of gender, age, place where we stay and keeps us alert in all respects at all times on all occasions is part of the process. The future depends on the action we take in our present yields the fruitful results if it is considered to be a regular practice. Trust yourself and believe the process with the right perception. Then only things will happen as we expect and people will join us.

# Keep Celebrating

**The action of celebrating an important day or event makes an impact on us and others as well. A social gathering or enjoyable activity held to celebrate something is must.**

*"Life is what you celebrate. All of it. Even its end."* – Quoteish  
Inspirational Quotes

*"The more you praise and celebrate your life, the more there is in life to celebrate."* – Oprah Winfrey

*"The idea is not to live forever but to create something that will."* –  
Sympathymessageideas.com

*"It's fine to celebrate success, but it is more important to heed the lessons of failure."* - Bill Gates

*Don't watch the clock; do what it does. Keep going."* -Sam Levenson

*"You miss 100% of the shots you don't take."* - Wayne Gretzky

*"Success is not how high you have climbed, but how you make a positive difference to the world."* - Roy T. Bennett

*"Believe you can and you're halfway there."* - Theodore Roosevelt

*"I have not failed. I've just found 10,000 ways that won't work."* -  
Thomas Edison

*"Success seems to be largely a matter of hanging on after others have let go."* - William Feather

Opportunities are limited! Occasions are many! In a given time with the available resources depending on situation celebrate



yourself with near and dear which gives more inspiration and acquire more knowledge to know each other while conversation gives scope to learn more and more. Event management is an art! We have to organize in such a way that people should surprise and encourage us to join and enjoy the program in simple and decent manner gives scope to meet again and again to build the relationship in long run. It also helps to grow together as a team and creates the teamspirit. Guidance and support are like two pillars to create the brand image of an individual and works as brand ambassador in long run. It gives ability and stability to perform in gigantic way to remember forever in celebration mood and enjoy the program by mingling each other helps to share their views one to one. It gives scope for relationship then becomes concrete to safeguard our journey with good faith. Confidence and courage makes a path to move forward with great respect. Consequently, it gives scope to understand better and the best in business relations and feels a very happy and peaceful life.

Lot of effort is required to establish the trust. Conduct and character plays vital role in this respect. Human values are essential to grow in healthy manner. Creating an environment is an art. One has to cultivate this habit to make it happen in real life. As long as our intentions are good things will happen in our favor and people join with us to extend their support. Keep up!

All the best.

# Critical Thinking

**The objective analysis and evaluation of an issue in order to form a judgment is the analysis of available facts, evidence, observations, Research will help us.**

*"All great changes are irksome to the human mind, especially those which are attended with great dangers and uncertain effects." – John Adams*

*"The immature think that knowledge and action are different, but the wise see them as the same." – Author. Anonymous*

*"Critical thinking does not mean we disparage everything; it means that we try to distinguish between claims with evidence and those without." – Daniel J. Levitin*

*"When we blindly adopt a religion, a political system, a literary dogma, we become automatons." Anaïs Nin*

*Learn to use your brain power. Critical thinking is the key to creative problem solving in business. - Richard Branson*

Resilience is nothing but recovering, recouping, reestablishing, flexibility, elasticity, redesigning and reproducing in original shape or even in better manner gives the ability as an elite performer and critical thinker which arises from unexpected problems gives the resistance power as choice in many ways. Problems are part of the process and common in most times we are ready to face and identify the solutions with ability gives more strength to perform better and the best. It depends on the way how we receive and act upon them. It also develops our way of approach with proper planning to implement in an innovative and dynamic approach keeps us strong and stable allow us to

focus more to solve the problem many times. It increases our confidence and courage levels to great extent in order to fetch the fruitful results in reality. Determination and dedication is the key to play vital role to understand better the ground realities with will and skill. Discipline is the root cause of everything. Honesty, integrity, acceptability and availability are four pillars to make the building strong to act upon contingencies that occur in real life gives scope to grow better and the best. Technology helps to run the show from remote corner.

# Spirituality and Spiritual Souls

**People of faith might put it that each person's 'soul' communicates with a divine spirit, even with the Holy Spirit of God. Either way, the spiritual self (or soul) is to be thought of as personal, and the spiritual dimension (or Holy Spirit) is universal. Soul has an independent quality. Spirit is what holds things together.**

*"You are a beautiful soul wrapped up in a human body. It is your job to unwrap, and find your soul again." – Steven Attchison*

*"Pray not for the healing of your body but rather the healing of your soul. For the body is temporary. But the soul is eternal. And with the healing of the soul the body will follow." – Pinterest.com – Guide posts*

*"Your body's ability to heal is greater than anyone has permitted you to believe." – Rawforbeauty.com*

Inspiring others empowers us and vice versa! A small guidance and support makes an impact at all times on all occasions in every stage. Focus alone makes us to be alert, arise, aware, awake, inspire and improve in so many angles. Winning mindset gives winning strategy.

Quitters will never win and winners will never quit. Dream big and achieve big. Your effort should be higher than your dream. Then only things will happen in reality. Women empowerment is need of the hour. They are no way inferior than men. Gender has no criteria.

All humans are equal. Give respect and take respect is the best policy. Honesty and integrity works like two arms and shoulders

the responsibility and accountability to fetch goodwill in long run. Create your own image and never compare with others under any circumstances.

Instead, compare yourself with your previous performance. It helps to improve and learn more and more. It gives an opportunity to think and apply the logics to grow better and the best. Be as an optimistic! Be a trendsetter! Be as star performer! Your effort is your valuable asset.

You are the king of your kingdom. You only can do anything and everything. You are the person who is with you forever. Feel proud of yourself. Pray Almighty!

# How to Develop New Ideas?

**Generate as many ideas as possible. The first way to beat a creative block and generate new ideas is to generate as many good ideas as possible. Pay attention to your needs. Keep track of your ideas. Observe the world around you. Break your routine.**

*"There is no innovation and creativity without failure."* – Brene Brown

*"Vulnerability is the birth place of innovation, creativity and change."* – Brene Brown

*"My favorite machine at the GYM is the vending machine."* – Caroline Rhea

*"You know what your problem is? You love the wrong people, too much."* – Picture Quotes.com

*"May your day be blessed with happiness and peace of mind. May you be free of all burdens and know that you are completely cared for. Let Angels light your way with grace and have a beautiful awesome day!"* – Good Morning Pictures

An idea can change this world to great extent. Thought process is ultimate. Willpower coupled with burning desire creates an environment to bring new ideas in our mind. Utilize and open the door and invite the opportunities that arise to observe carefully and cautiously to think in right direction in right time at right place with right people for right cause is the right way of approach. Optimistic thinking creates positive attitude and helps to avail the opportunity when it comes with an innovative and dynamic approach keeps us to act upon and accomplish the

success. Subject matter is vital and understand better to know the facts and figures with the skills and knowledge acquired gives ability to exhibit our talent where required.

Training helps to plan and implement it in an effective and efficient manner sharpens your mind and elevates to the next level in real life. Your effort is your valuable asset. Consistent effort gives consistent results. Results are ultimate. Success speaks better than us. It has capacity to shout without boundaries and reach fast. Success is a journey not the destination. It gives recognition. It shoulders to feel more responsible and accountable. It keeps on reminding to evaluate and appreciate your-self wherever we stay irrespective of the location it makes us to learn and improve on daily basis. Determination and dedication helps to sacrifice and focus more on our desired goals. Goal setting is must and mandatory. Set a goal and move forward with SMART analysis. Your goal should be specific, measurable, achievable, reliable and have time bound. Then only things will materialize. Make sure that your effort should be bigger than your goal. Keep up!

# Writers' Mark of Discomfort

**The truth is that our finest moments are most likely to occur when we are feeling. Faith includes noticing the mess, the emptiness and discomfort, and letting it be. Too often we enjoy the comfort of opinion without the discomfort of thought. Any change, even a change for the better, is always accompanied by drawbacks.**

*"If you don't have time to read, you don't have the time (or the tools) to write. Simple as that." – Stephen King*

*"If you wait for inspiration to write, you are not a writer, you are a waiter." – Dan Poynter*

*"If there is a book you want to read, but it hasn't been written yet, then you must write it." – Toni Morrison*

*Be not afraid of discomfort. If you can't put yourself in a situation where you are uncomfortable, then you will never grow. You will never change. You'll never learn. - Jason Reynolds*

Comfort zone is the most enjoyable place and liked by many of us in reality. At the same time If we observe carefully and digest sincerely if we think for a minute it is the most dangerous zone if we sit in our comfort zone and enjoy the fruits even the mountains will diminish and decrease the height and throw us in difficult situation. Just move to learning zone and try to improve your skills one by one on daily basis makes you to be strong and stable to face the challenges that occur on regular basis makes you like a rock and become the gigantic personality. Necessity is the mother of invention. Cultivate the habit of working and apply the brain to gain more and more with positive mindset



makes us to think rich in broader way gives lot of scope and hope. Vision is the way to see with our heart to feel by applying our brain gives strong will power and create burning desire which can drink, eat, sleep and see even in sleep makes it happen in reality. Discipline is the root cause and consistent effort is the base for everything to apply and act upon makes it happen in real life. My own discomfort inspired and empowered me to write this article and shared here with you in great respect. Let us feel and enjoy the journey in reality.